

[Home](#) > [Diabetologia](#) > Article

Management of hyperglycaemia in type 2 diabetes, 2018. A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD)

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The American Diabetes Association and the European Association for the Study of Diabetes convened a panel to update the prior position statements, published in 2012 and 2015, on the management of type 2 diabetes in adults. A systematic evaluation of the literature since 2014 informed new recommendations. These include additional focus on lifestyle management and diabetes self-management education and support. For those with obesity, efforts targeting weight loss, including lifestyle, medication and surgical interventions, are recommended. With regards to medication management, for patients with clinical cardiovascular disease, **a sodium–glucose cotransporter-2 (SGLT2) inhibitor or a glucagon-like peptide-1 (GLP-1) receptor agonist with proven cardiovascular benefit is recommended. For patients with chronic kidney disease or clinical heart failure and atherosclerotic cardiovascular disease, an SGLT2 inhibitor with proven benefit is recommended.** GLP-1 receptor agonists are generally recommended as the first injectable medication.

Sections

Figures

References

[Abstract](#)

[Introduction](#)

[Recommended process for glucose-lowering ...](#)

[The full range of therapeutic options: lifestyle ...](#)

[Key knowledge gaps](#)

[Data availability](#)

[Change history](#)

[Abbreviations](#)