

# Landmark Studies to Know for Diabetes Certification Exams

- **DCCT and EDIC** - [Blood Glucose Control Studies for Type 1 Diabetes: DCCT and EDIC](#) - showed that keeping A1c below 7% for Type 1s reduced risk of eye, kidney and nerve disease by up to 76%.
- **UKPDS** - [Implications of the United Kingdom Prospective Diabetes Study](#) – showed that keeping A1c and BP on target for those with type 2 reduces risk of death and complications by up to 35%.
- **DPP** - [Diabetes Prevention Program \(DPP\)](#) - showed that those with prediabetes who exercised and lost 5-7% of body wt, reduced risk of getting type 2 by 58%.
- **Legacy Effect**. [The “Legacy Effect” in Diabetes – The Long-Term Benefits of Short-Term, Tight Glucose Management](#) - followed the participants in DCCT and UKPDS and found that early A1c control reduces macro and microvascular complications over 20-30 years, even though A1c trends up.

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