Type 2 diabetes is a chronic condition that is characterized by the presence of abnormally high blood sugar levels. It occurs as a result of either the body being unable to use insulin effectively and/or the body not being able to produce enough insulin.

A1C is a measure of a person’s average blood sugar level over the past 2 to 3 months. The recommended A1C for many adults with diabetes is <7%.

High blood sugar levels over time can put people with diabetes at risk for many serious health problems, including:

- Heart disease
- Stroke
- Kidney disease
- Blindness
- Nerve problems

People with type 2 diabetes can help reduce their risk of serious complications by setting individual goals to help manage the ABCs of diabetes: that’s A for A1C, B for blood pressure and C for cholesterol.

Blood sugar control continues to be a challenge for patients with diabetes. Around one-third of adults in the U.S. living with diabetes are not achieving their A1C goal.

Diabetes is one of the most serious chronic health challenges we face today, and at Merck, it is one of our company’s top therapeutic priorities. The fight against diabetes is not an easy undertaking, but I am confident that important progress is being made. I am proud to be part of a research team that is committed to helping patients with diabetes achieve their A1C goal.