

Appendix 2. Recommendations excerpted from the diabetes guidelines

Statement	Recommendations	Strength
1. Self-monitoring of blood glucose (SMBG)	①SMBG is an integral part of comprehensive management and education of diabetes, and it is recommended that all patients with diabetes should monitor their blood glucose regularly.	Strong recommendation
	①Patients with type 2 diabetes and pre-diabetes need to receive individualized medical nutrition treatment, guided by a nutritionist or an integrated management team (including a diabetes educator) who is familiar with the medical nutrition treatment of diabetes.	Strong recommendation
2. Dietary management	②Reasonable nutritional treatment goals and plans should be set based on the evaluation of the patients' nutritional status, controlling the intake of total energy, especially high-energy foods, and reasonably distributing various nutrients, aiming to achieve the patients' metabolic goals and try to meet individual dietary preferences.	Recommendation
	③Dietary patterns including the Mediterranean diet, vegetarian diet, low carbohydrate diet, low fat, and low energy diet all contribute to short-term weight control. However, these should be completed under the guidance of professionals, taking into account the patient's metabolic goals and personal preferences, such as customs, culture, religion, health concept, economic status, etc. Meanwhile, changes in blood lipids, renal function, and visceral protein	Recommendation

		need to be regularly monitored.	
		①Physical exercise therapy should be conducted under the guidance of relevant professionals.	Recommendation
		②Prior to exercise, necessary health and physical ability assessments should be conducted	Recommendation
3.	Physical exercise management	to ensure the safety and effectiveness of the exercise therapy.	
		③Physical exercise should be avoided in cases of severe hypoglycemia, and can be gradually resumed once the condition is under control and stabilized.	Recommendation
		①Classification of hypoglycemia: Grade 1 hypoglycemia: Blood glucose levels are between 3.0 mmol/l and 3.9 mmol/l; Grade 2 hypoglycemia: Blood glucose levels are less than 3.0 mmol/l; Grade 3 hypoglycemia:	Recommendation
		Hypoglycemia without a specific blood glucose limit, accompanied by severe alterations in consciousness and / or physical changes, requiring assistance from others.	
4.	Hypoglycemia	②The clinical symptoms of hypoglycemia are related to the level and rate of decline of blood glucose. They can manifest as symptoms of sympathetic activation (such as palpitations, anxiety, sweating, dizziness, trembling hands, and feelings of hunger) and central nervous symptoms (such as changes in mental status, cognitive impairment, convulsions, and coma).	Recommendation
5.	Diabetes with Qi-Yin	①For the treatment of Qi-Yin deficiency	Recommendation

deficiency syndrome	syndrome in type 2 diabetes, Jinlida granules and Shenqi Jiangtang granules can be used in combination with routine treatment.	
	②Shengmai Powder, with appropriate adjustments to dosage, can be used to alleviate the symptoms of fatigue and Qi-Yin deficiency syndrome in patients with diabetes.	Recommendation
	③For the early and middle stages of type 2 diabetes, Gegen Qinlian decoction can be administered orally for intestinal-damp-heat syndrome, and Dachaihu Decoction can be administered orally for stagnated-heat in liver and stomach syndrome.	Recommendation
6. Diabetic neuropathy with Qi-deficiency and collateral-obstruction syndrome	①For diabetic neuropathy patients with Qi-deficiency and collateral-obstruction syndrome, Mudan granule can be administered orally, and can be combined with acupuncture and fumigation treatment to improve symptoms.	Recommendation
