
WHEN IS IT DIABETES?

The following blood tests may be used to help your physician diagnose diabetes or prediabetes: the fasting plasma glucose test, the oral glucose tolerance test (OGTT), and the HbA_{1c} test. This table shows how the results of these tests are interpreted.

BLOOD TEST	NORMAL (NO DIABETES)	INCREASED RISK FOR TYPE 2 DIABETES	DIABETES
Fasting plasma glucose	below 100 mg/dl	100–125 mg/dl	126 mg/dl or higher
Two-hour plasma glucose during an OGTT	below 140 mg/dl	140–199 mg/dl	200 mg/dl or higher
HbA _{1c}	below 5.7%*	5.7–6.4%	6.5% or higher

* A person with an HbA_{1c} below 5.7% may still be at risk of developing Type 2 diabetes if he has other risk factors for it such as obesity or a family history of Type 2 diabetes.

Diabetes Self-Management, “Type 2 Diabetes: A Family Affair” by Laura Hieronymus, MEd, RN, BC-ADM, CDE, and Tommy Bertram, RPh

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