

Glucose

What is it?

- **Glucose**- measure of the blood sugar in the blood
 - **High Levels**- eating before the test, diabetes

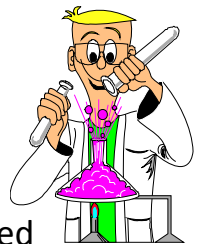


Signs and Symptoms:

- **Elevated Blood Sugar**- over time damage nerves, blood vessels, other internal structures, causes small blood vessels to thicken and leak supplying less blood to the nerves and skin, also cause blood levels of fatty substances to rise causing a buildup of plaque in blood vessels (atherosclerosis which is 2 to 6 times more common in diabetes), poor circulation, healing is slower

Facts:

- **Normal Glucose**- 60-109 mg./dL, fasting plasma glucose > 126 mg./dL is a diagnosis of Diabetes (1999 ADA criteria) or 70-110 mg./dL after an overnight fast
- **Impaired Fasting Glucose**- 110-125 mg./dl
- **Glucose Tolerance Test**- involves drinking a sugary drink followed by several blood glucose tests
 - **Necessary**- to sort out normal from impaired fasting glucose from diabetes
- **European Standards**- increase number of people with Diabetes
 - **Tend to use**- 2 hour after eating and not fasting
- **Oral Glucose Tolerance Test**- used to diagnosis diabetes mellitus, impaired glucose tolerance
 - **AVOID**- using if fasting blood sugar levels are > 140 mg./dL
 - **Preparation for the Test**- 3 days of 150 to 200 mg. of Carbohydrates
- **Blood Sugar**- tends to rise after a meal, return to normal within 2 hours, increase progressively after age 50, especially if inactive



What can I do?

- **See your Health Care Provider**- for more information
- **See Registered Dietitian**- for help as needed
- **See FFF RD**- on line for help
- **Exercise**- 30 minutes 3 times a week with a goal of daily

