



# 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-** damages 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  $\geq 126$  mg./dL is a diagnosis of Diabetes (1999 ADA criteria)

**\*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

**-Oral Glucose Tolerance Test/OGTT-** used to diagnosis diabetes mellitus, impaired glucose tolerance

**-AVOID-** using OGTT if fasting blood sugar levels are  $\geq 140$  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 Physician**

**\*See RD for help as needed**

**\*See FFF RD on line for help**

**\*Exercise-** 30 minutes 3 times a week with a goal of daily exercise

**\*Weight-** Keep weight under control, within a healthy weight for you, BMI < 25

