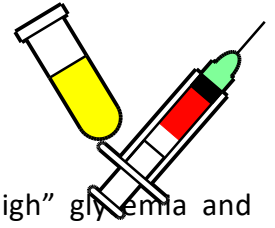


How do I know my glucose status?

★ Blood glucose: BG, glucose, Glu

[Reference values] Fasting BG 70-110 mg/dL; casual/random BG \leq 200 mg/dL



- BG is the concentration of glucose in the blood.
- Note that fasting BG between 100 and 110 mg/dL is called “normal-high” glycemia and needs to pay close attention.
- !! People with BG in this range are at high risk of developing diabetes in the future.
- Fasting BG refers to BG measured in a fasting state, i.e., usually in the morning, 10 hours after the last meal. “Fasting” does not mean that you just feel hungry.
- Casual/random BG refers to BG measured at any other time rather than in the fasting state.

★ HbA1c: hemoglobin A1c

[Reference value] 4.6-6.2%

- Hemoglobin, the pigment responsible for the red color of red blood cells, functions to transport oxygen to the whole body. HbA1c is a form of hemoglobin to which glucose is bound, and reflects average glucose levels in the blood for the last 1 to 2 months.
- Control target of HbA1c varies, according to your age, comorbidity, cognitive function, and so on. Please consult your doctor to discuss your own target.

★ Urine glucose

[Reference value] negative (-)

- Urine glucose refers to glucose excreted in urine.
- Positive result shows you are in a hyperglycemic state.
- Urine glucose becomes positive when BG levels are over approximately 170 mg/dL.



★ 75g Oral glucose tolerance test: 75 g OGTT

- 75g Oral glucose tolerance tests (75g OGTTs) is used to diagnose both impaired glucose tolerance and diabetes.
- Testing 75g OGTT; After 10 or more hours of fasting, you drink a 75 g glucose solution and then test your blood glucose and blood insulin level.
- Glucose tolerance levels are classified as follows, according to the result of the 2 hour glucose level.
 - Normal type: less than 140 mg/dL
 - Borderline (impaired glucose tolerance) type: 140-199 mg/dL
 - Diabetic type: 200 mg/dL and over

!! Please seek medical care if your post-OGTT or postprandial BG levels are high.

You have an extremely high risk of developing diabetes in the future, even if your fasting BG is normal.