

Definitions

Pre-diabetes: when the blood glucose (sugar) is higher than normal, but not high enough to be diagnosed as diabetes.

Diabetes Type 2: too much blood glucose (sugar) in the blood stream and the body does not make enough insulin and/or the cells of the body ignore the insulin (insulin resistance).

Diagnosing Diabetes

Diagnosis	Fasting Test	Casual Test	A1c
Diabetes	126 mg/dL or higher	200 mg/dL or higher with symptoms	6.5% and above AACE/ACE
Pre-diabetes	100 to 125mg/dL	140 to 199 mg/dL	5.7 to 6.4%
No diabetes	Less than 100 mg/dL	Less than 140 mg/dL	Less than 5.7%
My Numbers: Date:			

Blood Glucose (Sugar) and Goals

Blood sugar or blood glucose refers to sugar that is transported through the bloodstream to supply energy to all the cells in our bodies. The sugar is made from the food we eat.

Before meals: 70 to 100

1 to 2 hours after a meal: less than 140

Bedtime: less than 120

Hemoglobin A1C

Provides information about a person's average levels of blood glucose, also called blood sugar, over the past 3 months.