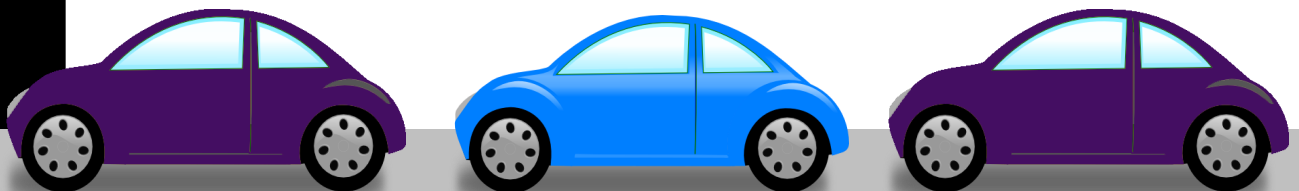


Don't Miss the Signals

WATCH FOR DIABETES

	Fasting Plasma Glucose (mg/dl)	Oral Glucose Tolerance Test (mg/dl)	Hemoglobin A1c Level (%)
Diabetes	≥ 126	≥ 200	≥ 6.5
Pre- Diabetes	101-125	141-199	5.7 - 6.4
Normal	≤ 100	≤ 140	≤ 5.7

Approximately 1 out of 3 people with diabetes may be undiagnosed.



Fasting Plasma Glucose (FPG) test checks your fasting blood glucose levels. Fasting means not having anything to eat or drink (except water) for at least 8 hours before the test.

Non-fasting or the Oral Glucose Tolerance Test (OGTT) is a two-hour test that checks your blood glucose levels. You are required drink a liquid containing a certain amount of glucose (usually 75 grams) before having the blood taken every 30 to 60 minutes afterwards.

Data is from the American Diabetes Association. www.diabetes.org/diabetes-basics/diagnosis.