

**John Deere Medical Group of the Quad Cities, P.C.**

4101 John Deere Road, Moline, IL 61265 (309) 765-1600

3740 Utica Ridge Road, Suite B, Bettendorf, IA 52722 (563) 344-7400

***Questions and Answers about Blood Sugar***

**What is normal blood sugar?**

- A normal fasting blood sugar is 70 – 110 mg/dl.

**What is impaired fasting glucose and impaired glucose tolerance?**

- Impaired fasting glucose is diagnosed when a fasting blood sugar is  $>110$ mg/dl but, 125 mg/dl.
- Impaired glucose tolerance is diagnosed when an oral glucose tolerance test value is  $>140$  mg/dl but less than 200 mg/dl.
  - Both of these conditions indicate the blood sugar regulation in the body is not working properly.
  - Both of these conditions are risk factors for future diabetes and cardiovascular disease and stroke.

**Does this mean I am a diabetic?**

- No – Diabetes is diagnosed in one of the following ways:
  1. Fasting blood glucose  $> 126$  mg/dl.
  2. Random plasma glucose  $> 200$  mg/dl plus symptoms such as increased thirst, urination or unexplained weight loss.
  3. Two-hour after meal glucose  $> 200$  mg/dl.

**What can I do to improve my blood sugar?**

- Lose weight if overweight.
- Exercise.
- Eat a healthy, well-balanced diet.
- Get yearly fasting blood sugar tests, or as directed by your doctor.