

Understanding Blood Sugar

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What Are Normal blood glucose Levels?

They're but 100 mg/dL after not eating (fasting) for a minimum of 8 hours. and they are but 140 mg/dL 2 hours after eating. During the day, levels tend to be at their lowest just before meals. for many people without diabetes, blood glucose levels before meals hover around 70 to 80 mg/dL. for a few people, 60 is normal; for others, 90. What's a coffee sugar level? It varies widely, too. Many people's glucose won't ever fall below 60, even with prolonged fasting. once you diet or fast, the liver keeps your levels normal by turning fat and push sugar. a couple of people's levels may fall somewhat lower.

Diagnosis

Doctors use these tests to seek out out if you've got diabetes:

- Fasting plasma glucose test: The doctor tests your blood glucose levels after fasting for 8 hours and it's above 126 mg/dL.
- Oral glucose tolerance test: After fasting for 8 hours, you get a special sugary drink. Two hours later your sugar level is above 200.
- Random check: The doctor tests your blood glucose and it's above 200, plus you're peeing more, always thirsty, and you've gained or lost a big amount of weight. They'll then do a fasting sugar level test or an oral glucose tolerance test to verify the diagnosis.
- Any sugar levels above normal are unhealthy: Levels that are above normal, but not reaching the purpose of full-blown diabetes, are called prediabetes.

Sugar and Your Body

Why are high blood glucose levels bad for you? Glucose is precious fuel for all the cells in your body when it's present at normal levels. But it can behave sort of a slow-acting poison. High sugar levels slowly erode the power of cells in your pancreas to form insulin. The organ overcompensates and insulin levels stay too high. Over time, the pancreas is permanently damaged. High levels of blood glucose can cause changes that cause a hardening of the blood vessels, what doctors call atherosclerosis. Almost any a part of your body are often harmed by an excessive amount of sugar.

Damaged blood vessels cause problems such as: Kidney disease or renal failure , requiring dialysis, Strokes, Heart attacks, Vision loss or blindness, Weakened system , with a greater risk of infections, Erectile dysfunction, Nerve damage, also called neuropathy, that causes tingling, pain, or less sensation in your feet, legs, and hands, Poor circulation to the legs and feet.

Slow wound-healing and therefore the potential for amputation in rare cases

Keep your blood glucose levels on the brink of normal to avoid many of those complications. The American Diabetes Association's goals for blood glucose control in people with diabetes are 70 to 130 mg/dL before meals, and fewer than 180 mg/dL after meals.