

BLOOD SUGAR TEST

Patient: What is FBS for?

Doctor: FBS or Fasting Blood Sugar (Fasting Glucose) is test that measures blood sugar levels. Elevated levels are associated with diabetes and insulin resistance, in which the body cannot properly handle sugar.

Patient: What is the normal value of blood sugar?

Doctor: A person's normal blood sugar is at 100 mg/dL or less. But a person who is in the prediabetes stage has 110–125 mg/dL. People with diabetes have greater than 126 mg/dL on two or more samples.

Patient: How is FBS done?

Doctor: This test requires a 12-hour fast. You should wait to eat and/or take a hypoglycemic agent (insulin or oral medication) until after test has been drawn, unless told otherwise. Eating and digesting foods called carbohydrates forms glucose (blood sugar). Glucose is needed by your body to provide energy to carry out your normal activities. Insulin is needed by the body to allow glucose to go into the cells and be used as energy. Without insulin, the levels of glucose in the blood will rise. Diabetes is a disease that occurs when either the pancreas (an organ in your body) is not able to produce insulin or the pancreas makes insulin, but it does not work as it should. Fasting blood sugar is a part of diabetic evaluation and management. An FBS greater than 126 mg/dl on more than one occasion usually indicates diabetes.

Patient: Is there any other test to check blood sugar level?

Doctor: Yes. It's called Glycosylated Hemoglobin or Hemoglobin A1C (HbA1C)

Patient: How does that work?

Doctor: It reflects average blood sugar levels over the preceding 90-day period. Elevated levels are associated with prediabetes and diabetes. Individuals with diabetes have an increased risk of a cardiac event. A diabetic person's risk for heart attack is the same as a non-diabetic person, who has experienced one heart attack, having a second heart attack. Aggressive global preventive risk reduction efforts, such as lower LDL targets, diet, exercise and blood pressure control, are recommended.

Patient: How am I going to undergo this test?

Doctor: This test may be measured any time of the day without fasting. Glycosylated hemoglobin is blood glucose attached to hemoglobin (a component of blood). This test is often called the "diabetic report card." It reflects the average blood sugar for the two to three month period before the test.