

# HIGH Glucose & Diabetes



## What is high blood cholesterol?

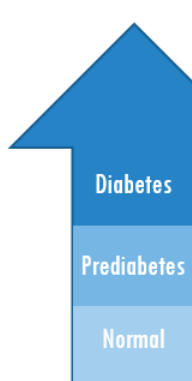
Diabetes is a group of diseases of high glucose (sugar) levels in blood. It is due to a problem with hormone called Insulin.

## Signs & Symptoms:

- Thirsty
- Hungry
- Urinating often
- Tingling, pain or numbness in hands/feet
- Vision problem
- Weight loss or gain & more

## Risks

- Obesity
- Unhealthy Diet
- Lack of exercise
- Smoking
- Family history & more.



	HbA1c (percent)	Fasting Plasma Glucose (mg/dL)	Oral Glucose Tolerance Test (mg/dL)
Diabetes	≥ 6.5	≥ 126	≥ 200
Prediabetes	5.7 – 6.4	100 - 125	140 – 199
Normal	~ 5.7	≤ 99	≤ 139

**Prevention**  
Healthy diet  
Exercise  
Stop smoking  
Take your medication  
Regular health check