

### III. 如何診斷糖尿病

驗血可以測試出糖尿病前期和糖尿病。空腹血糖檢驗正常值為 100mg/dl (100 毫克/公合) 以下。空腹的意思是指至少在八小時內沒有進食過任何東西。糖化血紅蛋白 A1C 是測量過去三個月以來的平均血糖度數。正常 A1C 是低於 5.7%。診斷糖尿病前期和糖尿病通常有以下的方法:

#### 糖尿病前期:

- 空腹血糖指數在 100-125mg/dl 之間
- 或口服葡萄糖耐受性試驗 (Oral Glucose Tolerance Test) 的血糖在 140-199mg/dl 之間
- 或血糖血紅素 A1C 在 5.7-6.4% 之間

#### 糖尿病:

- 空腹血糖指數在 126mg/dl 或以上\*
- 或口服葡萄糖耐受性試驗 (Oral Glucose Tolerance Test) 的血糖高達 200mg/dl 或以上\*
- 或血糖血紅素 A1C 在 6.5% 或以上\*
- 或隨機血糖指數高達 200mg/dl 或以上，並有高血糖症狀\*

\* 需在兩次不同日期驗測，以確定患有糖尿病



### III. Diagnosis of Diabetes

A blood glucose test can detect prediabetes and diabetes. A normal fasting blood glucose level is less than 100 mg/dl. Fasting means no food intake for at least 8 hours. Hemoglobin A1C reflects the average blood sugar over the last 3 months. A normal A1C level is less than 5.7%.

The criteria for diagnosing prediabetes and diabetes are as follows:

#### Prediabetes:

- Fasting blood glucose level between 100-125 mg/dl
- OR Oral Glucose Tolerance Test (OGTT) value between 140-199 mg/dl
- OR hemoglobin A1C level between 5.7%-6.4%

#### Diabetes:

- Fasting Plasma Glucose (FPG) level greater than or equal to 126 mg/dl\*
- OR Oral Glucose Tolerance Test (OGTT) value greater than or equal to 200 mg/dl\*
- OR hemoglobin A1C level greater than or equal to 6.5%\*
- OR Random (Casual) Plasma Glucose level greater than or equal to 200mg/dl with classic symptoms of hyperglycemia (high blood sugar) or hyperglycemic crisis\*

\* all tests must be repeated on a second day