

How is diabetes diagnosed?

Diabetes is diagnosed in 3 ways:

1. Fasting blood sugar: If the result is above 126 mg/dl and if we repeat the test one more time and find the result above 126 mg/dl, the diagnosis of diabetes is made without any further testing. Even if the patient has no complaints!

2. Sugar tolerance test: It is done if the fasting blood sugar is between 100 and 125 mg/dl. If a person's fasting blood sugar is above 126 mg/dl, there is absolutely no need for a glucose tolerance test any ore. But its presence between 100 -125 mg/dl is called 'Impaired Fasting Glucose' (hidden sugar) in our language. All impaired fasting glucose should be evaluated by performing a glucose tolerance test, which is performed on an empty stomach with 75 grams of glucose (sugar).

The blood value in the second hour after drinking sugar water is very important for us. If we find the blood sugar in the second hour below 140 mg/dl, then we can say that it is normal. But if it is between 140 -199 mg/dl, we diagnose Impaired Glucose Tolerance (hidden sugar), which is popularly called hidden sugar.

3. Diabetes is diagnosed if the sugar is checked randomly at any time of the day if it is over 200 and if the person has problems such as drinking a lot of water, urinating a lot, and excessive dry mouth.

4. Hemoglobin A1c (HbA1c) test, this test shows the average of high blood sugars over the last three months, not the average total blood sugar; this is very important. So let's say I looked at fasting blood sugar 50, one day I looked at 150, divide the two by two, that's not it. It takes the heights, it is an indicator of the heights, it does not give information about the lows, it has such a disadvantage.

If HbA1c is below 5.7%, it's okay,

If it is between 5.7% and 6.4%, there is a risky situation in terms of diabetes. A sugar load test should be done. If it is 6.5% or more, then diabetes is diagnosed.

In summary, fasting blood glucose, glucose tolerance test, HbA1c. No other testing is required.