

# How is Type 2 Diabetes Diagnosed in Seniors?

There are a number of blood tests that can be done to check blood sugar levels for signs of type 2 diabetes:



## A1C Test

The A1C test, also known as the hemoglobin A1C or HbA1c test, is a simple blood test that measures a person's average blood sugar level over the past two or three months.

## Glucose Tolerance Test

Like a traditional fasting blood sugar test, a glucose tolerance test requires a person to fast overnight before the test and have your blood drawn to determine your fasting blood sugar level. Then, they will also be asked to drink the glucose dense liquid and have their blood sugar checked hourly to measure how the body is reacting to the sugar.

## Fasting Blood Sugar Test

For this blood test, your doctor will ask you to fast, or not have anything to eat or drink (except water) for 8 to 12 hours before your test.

## Random Blood Sugar Test

This test can be done at any time because it's meant to measure the blood sugar level on any given day. Many people have frequent random blood sugar tests to regularly keep tabs on their blood sugar.

## What test results indicate diabetes or prediabetes?

Result	A1C Test	Glucose Tolerance Test	Fasting Blood Sugar Test	Random Blood Sugar Test
Diabetes	6.5% or above	200 mg/dL or above	126 mg/dL or above	200 mg/dL or above
Prediabetes	5.7-6.4%	140-199 mg/dL	100-125 mg/dL	N/A
Normal	below 5.7%	140 mg/dL or below	99 mg/dL or below	N/A

For more information on diabetes and how CorsoCare can support you, call us at 248-438-8535.