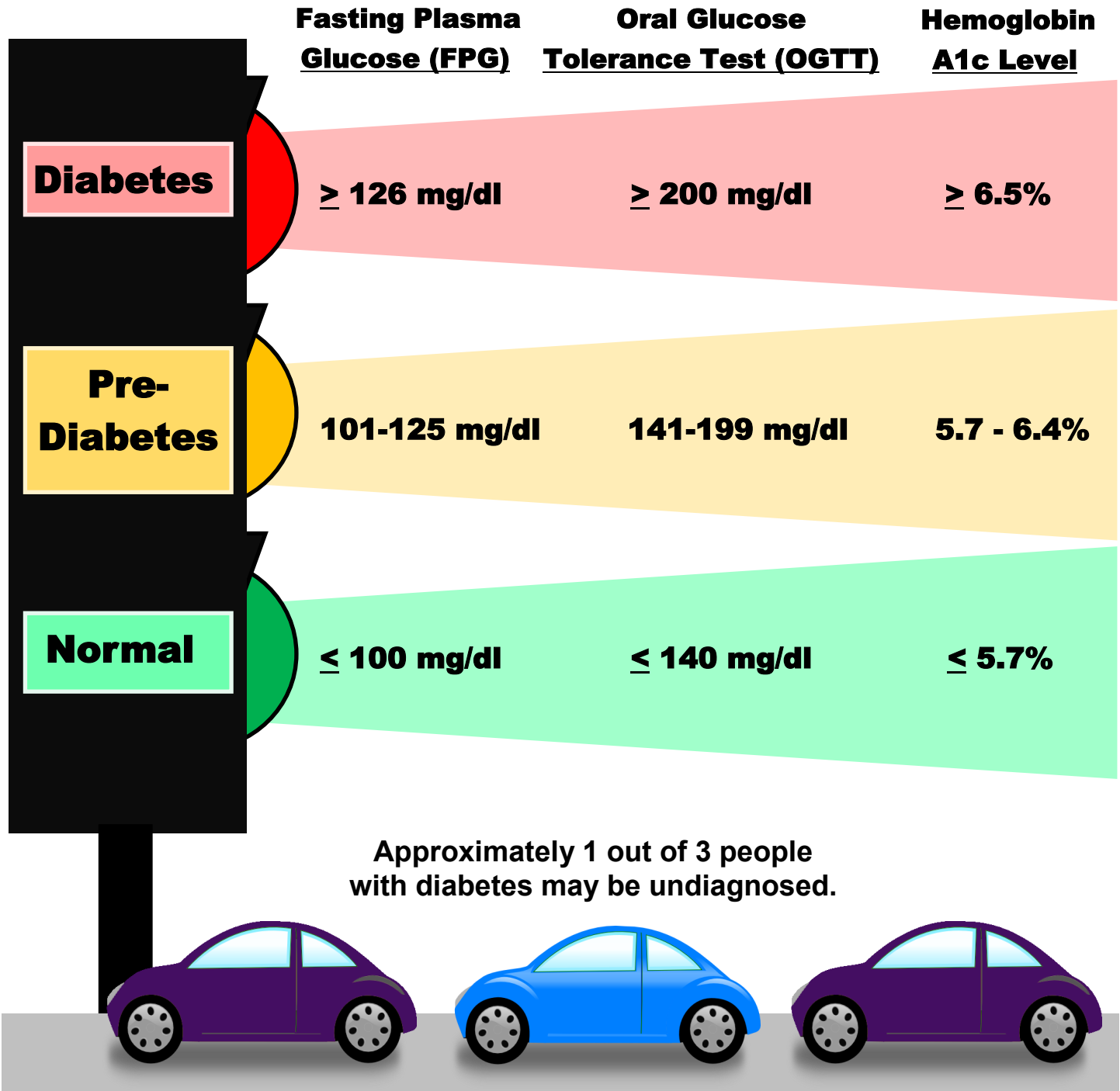


Don't Miss the Signals

WATCH FOR DIABETES



Data is from the American Diabetes Association. www.diabetes.org/diabetes-basics/diagnosis.

Fasting Plasma Glucose (FPG) test checks your fasting blood glucose levels. Fasting means not having anything to eat or drink (except water) for at least 8 hours before the test.

Non-fasting or the Oral Glucose Tolerance Test (OGTT) is a two-hour test that checks your blood glucose levels. You are required drink a liquid containing a certain amount of glucose (usually 75 grams) before having the blood taken every 30 to 60 minutes afterwards.

A1c Level is a test that measures your average blood glucose for the past 2 to 3 months. This test does not require you to fast or drink anything.