



EARLY DETECTION OF DIABETES

A few key tests for diabetes

Diabetes is rampant in today's world affecting innumerable people. However, diabetes isn't easy to detect as it doesn't come with flashing warning signs. Many people don't even know that they are afflicted for years on end.

That's why early detection is crucial. The sooner diabetes is detected, the better are your chances of managing it effectively and avoiding long-term complications like heart disease, nerve damage and vision problems.

So, staying one step ahead of diabetes is the key which is only possible through a few simple, yet powerful tests. If you're over 35, overweight, have a family history of diabetes or belong to a high-risk ethnic group, it's especially important to periodically undergo the following tests:

Fasting Blood Sugar (FBS)

Often the first test recommended by a doctor, this measures your blood sugar after you haven't eaten for at least 8 hours. A reading between 100–125 mg/dL indicates prediabetes, while 126 mg/dL or higher on two occasions means diabetes.

Haemoglobin A1C (HbA1c)

This test is the "big picture" test. It shows your average blood sugar levels over the past 2–3 months. A result of 5.7%–6.4% suggests prediabetes, and 6.5% or more confirms diabetes. The advantages of this test are that it is quick and doesn't require fasting.

Oral Glucose Tolerance Test (OGTT)

This test is not commonly used but still is quite important—especially for detecting gestational diabetes in pregnant women. This involves you drinking a sugary solution and getting your blood sugar be tested at intervals. This results in a detailed view of how your body handles sugar over time.

Random Blood Sugar Test

If you're experiencing symptoms like extreme thirst, fatigue or frequent urination, this test should be done immediately. It does not matter when you last ate. A reading of 200 mg/dL or more may signal diabetes.



Glucose Postprandial (PP) Test

A Glucose Postprandial (PP) test, also known as a post-meal glucose test, measures blood sugar levels two hours after a meal. This test helps assess how well the body processes sugar after eating, which can indicate if there are any issues with glucose regulation, potentially related to diabetes.

The importance of testing

Early detection is extremely advantageous as it means you can make lifestyle changes or start medications before things get serious. Regular testing helps you catch small issues before they become big problems.

Knowing is curing

As you can understand by now, you should not wait for symptoms to appear. Talk to your doctor about your risk and which tests are right for you. **A simple check today could save you from major health issues later. When it comes to diabetes, knowledge is power.**