At Risk for Type 2 Diabetes?  
What Next?

So you’re at risk for type 2 diabetes. This can be overwhelming and you might be feeling a little lost. The American Diabetes Association® is here to help you.

**Talk to your doctor.**

Now that you know you’re at risk for type 2 diabetes, you should make an appointment with your doctor. Only your doctor can tell you for sure if you have diabetes. Don’t delay—early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.

**What are the symptoms?**

Type 2 diabetes does not appear suddenly. Instead, you may have no noticeable symptoms or only mild symptoms for years before it is diagnosed.

Common signs and symptoms of type 2 diabetes:
- Urinating a lot (as the body tries to flush out excess glucose in the blood)
- Feeling very thirsty
- Feeling hungry all the time
- Feeling tired
- Blurred vision
- Frequent infections or slow-healing cuts and sores
- Tingling, pain, or numbness in the hands or feet

**How is diabetes diagnosed?**

There are several ways to diagnose diabetes. Each way usually needs to be repeated on a second day to be sure you have it. Testing should be carried out in a health care setting (such as your doctor’s office or a lab). If your doctor determines that your blood glucose level is very high, or if you have classic symptoms of high blood glucose in addition to one positive test, your doctor may not require a second test.

**A1C**

The A1C test measures your average blood glucose for the past two to three months. The advantage of being diagnosed this way is that you don’t have to fast or drink a special liquid.

**Diabetes is diagnosed at:**

A1C – 6.5%

**Fasting Plasma Glucose (FPG)**

This test is usually done first thing in the morning, before breakfast, and checks your fasting blood glucose levels. Fasting means not having anything to eat or drink (except water) for at least eight hours before the test.

**Diabetes is diagnosed at:**

Fasting blood glucose – 126 mg/dL

**Oral Glucose Tolerance Test (also called the OGTT)**

The OGTT is a two-hour test that checks your blood glucose levels before and two hours after you drink a special sweet liquid. It tells the doctor how your body processes glucose.

**Diabetes is diagnosed at:**

Two-hour blood glucose – 200 mg/dL

**Random (also called Casual) Plasma Glucose Test**

If you are showing severe diabetes symptoms, your doctor may use a random glucose test.

**Diabetes is diagnosed at:**

Blood glucose – 200 mg/dL

**What is prediabetes?**

Prediabetes is a condition that occurs when your blood glucose is higher than normal but not high enough to be diabetes. This condition puts you at risk for developing type 2 diabetes.

**Results indicating prediabetes are:**

- An A1C of 5.7%–6.4%
- Fasting blood glucose of 100–125 mg/dL
- Two-hour blood glucose of 140 mg/dL-199 mg/dL

Visit diabetes.org or call 1-800-DIABETES (1-800-342-2383) for more information from the American Diabetes Association.