

BLOOD SUGAR TEST

A blood glucose test measures the amount of a type of sugar, called glucose, in your blood. Glucose comes from carbohydrate foods. It is the main source of energy used by the body.

Insulin is a hormone that helps your body's cells use the glucose. Insulin is produced in the pancreas and released into the blood when the amount of glucose is high.

☆pancreas:膵臓

Normally, your blood glucose levels increase slightly after you eat. This increase causes your pancreas to release insulin so that your blood glucose levels do not get too high. Blood glucose levels that remain high over time can damage your eyes, kidneys, nerves, and blood vessels.

Sample conversation1:

☆FBS:空腹時血糖

Patient: What is FBS for?

Nurse: FBS or Fasting Blood Sugar (Fasting Glucose) is test that measures blood sugar levels. Elevated levels can be because of diabetes and insulin resistance, in which the body cannot properly handle sugar.

Patient: What is the normal value of blood sugar?

Nurse: A person's normal blood sugar is at 100 mg/dL or less. People with diabetes have greater than 126 mg/dL on two or more samples.

Patient: How is FBS done?

Nurse: This test requires a 12-hour fast. Meaning, you should not eat for 12 hours. Fasting blood sugar is a part of diabetic evaluation and management. An FBS greater than 126 mg/dl on more than one occasion usually indicates diabetes.

Patient: Is there any other test to check blood sugar level?

Nurse: Yes. It's called Glycosylated Hemoglobin or Hemoglobin A1C (HbA1C)

Patient: How does that work?

Nurse: It reflects average blood sugar levels over the previous 90-day period. Individuals with diabetes have an increased risk of a cardiac event.

Patient: How am I going to undergo this test?

Nurse: This test may be measured any time of the day without fasting. Glycosylated hemoglobin is blood glucose attached to hemoglobin (a component of blood). This test is often called the "diabetic report card." It reflects the average blood sugar for the past two to three month period.

Sample conversation2:

Nurse: Hello! Are you ready? I'm here to check your blood sugar.

Patient: Yes, I'm ready!

Nurse: I'll prick your fingertip with the needle (lancet). You don't have to worry. This will be quick and the pain is just a bite of an ant.

Patient: I see.

(The nurse pricks the patient's fingertip. She gently squeezes the patient's finger until a drop of blood forms.)

Nurse: Here it is! The meter displayed your blood glucose level on the screen after few seconds.

Patient: That was really quick! Thanks!

Nurse: You are welcome! Kindly press the puncture site with this cotton ball. I'll just record your blood glucose level in the nurses' station.
Let's have a role – play! Are you ready?

Answer the following:

1. What is your understanding about fasting blood sugar?
2. Why is it important to test the blood sugar level in the blood?
3. Share your ideas about diabetes.