Know Your Glucose Numbers

If you have eaten something in the last 8 hours:
- If your blood sugar is 200 mg/dl and you have had unusual thirst, hunger, weight loss or passing a lot of water, you should have your blood sugar rechecked after fasting.

If you have not eaten for the last 8 hours and your blood is:
- Between 70 and 109 mg/dl, your blood sugar is normal.
- Between 110 and 125 mg/dl, you may have a problem with your blood sugar (borderline diabetes).
- 126 mg/dl or higher, you may have diabetes.

If you are being treated for diabetes, blood sugar should range between:
- Before meals 80-120 mg/dl
- At Bedtime 100-140 mg/dl


Diabetes can lead to a wide range of other serious health complications, such as heart disease, stroke, high blood pressure, blindness, kidney disease, dental disease, nervous system disease, complications of pregnancy and more. The Arkansas Minority Health Commission reminds you to visit your healthcare professional for an accurate reading of your glucose numbers and Take Control of Your Health!