



620 South 400 East, Ste. 400, ST. GEORGE, UTAH 84770 – (435) 673-3528
 260 East D.L. Sargent Dr., CEDAR CITY, UTAH 84721 – (435) 586-2437
 445 N. Main, KANAB, UTAH 84741 – (435) 644-2537
 P.O. Box 374, 601 E. Center, PANGUITCH, UTAH 84759 – (435) 676-8800
 P.O. Box G, 75 West 1175 North, BEAVER, UTAH 84713 – (435) 438-2482

RECOMMENDED NUMBERS FOR EACH SCREENING TEST

A1C

The A1c test measures your average blood glucose for the past two to three months. The advantages of being diagnosed this way are that you don't have to fast or drink anything. Diabetes is diagnosed at an A1c of greater than or equal to 6.5%.

A1c	Result
<5.6%	Normal
5.7%-6.4%	Prediabetes
>6.5%	Diabetes

BLOOD PRESSURE

Your blood pressure is recorded as two numbers: Systolic and Diastolic. Systolic indicates how much pressure your blood is exerting against your artery walls when the heart beats. Diastolic indicates how much pressure your blood is exerting against your artery walls while the heart is resting between beats. It is important to check your blood pressure to screen for hypertension (high blood pressure), which is a significant contributing factor to heart attack, stroke, and other health threats.

Systolic	Diastolic	Blood Pressure
<120 mmHg	<80 mmHg	Normal
12-129 mmHg	<80 mmHg	Elevated
130-139 mmHg	80-89 mmHg	High/Stage 1
>140 mmHg	>90 mmHg	High/Stage 2
>180 mmHg	>120 mmHg	Hypertensive Crisis/Consult Doctor Immediately

BODY MASS INDEX (BMI)

This test is calculated by taking $703 \times \text{Weight (lbs)} / [\text{Height (in)}]^2$. If using Metric measurements, it is calculated $\text{weight (kg)} / [\text{height (m)}]^2$.

BMI	Weight Status
<18.5	Underweight
18.5-24.9	Normal
25-29.9	Overweight
>30	Obese

FASTING PLASMA GLUCOSE (FPG)

This test checks your fasting blood glucose levels. Fasting means after not having anything to eat or drink (except water) for at least 8 hours before the test. This test is usually done first thing in the morning, before breakfast. Diabetes is diagnosed at a fasting blood glucose of greater than or equal to 126 mg/dl.

FPG	Result
<100 mg/dl	Normal
100 mg/dl-125 mg/dl	Prediabetes
>126 mg/dl	Diabetes

LIPID PANEL

Lipids are a group of fats and fat-like substances that are important constituents of cells and sources of energy. A lipid panel measures the level of specific lipids in the blood.

Total Cholesterol	Result
162-199	Optimal
200-239	Borderline High
>240	High

Low-density Lipoproteins (LDL)	Result
<100	Optimal
100-129	Near Optimal
130-159	Borderline High
160-189	High

High-density Lipoproteins (HDL)	Result
60+	Optimal
<40	Risk of Heart Disease

Triglycerides	Result
50-150	Normal
150-199	Borderline High
200-499	High
>500	Very High

Glucose	Result
<67	Low
68-100	Normal
>109	High

ORAL GLUCOSE TOLERANCE TEST (OGTT)

The OGTT is a two-hour test that checks your blood glucose levels before and two hours after you drink a special sweet drink. It tells the doctor how your body processes glucose. Diabetes is diagnosed at 2-hour blood glucose of greater than or equal to 200 mg/dl.

OGTT	Result
<140 mg/dl	Normal
140 mg/dl-199 mg/dl	Prediabetes
>200 mg/dl	Diabetes

RANDOM (ALSO CALLED CASUAL) PLASMA GLUCOSE TEST

This is a blood check at any time of the day when you have severe diabetes symptoms. Diabetes is diagnosed at blood glucose of greater than or equal to 200 mg/dl.