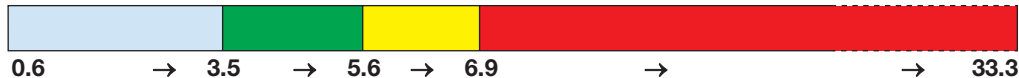


## Plasma-referenced blood glucose values [mmol/l]\*


**Fasting** (after 8 hours of no food/drink apart from water):




**Postprandial** (2 hours after meals):



 **Hypoglycaemia**  
(low blood sugar levels)

 **Normoglycaemia**  
(normal blood sugar levels)

 **Disturbed glucose metabolism**

 **Diabetes**

Source: Diabetes Care, Standards of Medical Care in Diabetes—2011, 30, 2010 vol. 34 no. Supplement 1 p.11-p.61

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## IMPORTANT PARAMETERS IN THE CASE OF DIABETES AND CARDIOVASCULAR DISEASE

			Normal	Disturbed	Increased risk
<b>Blood glucose</b> (plasma-referenced)	fasting	mmol/l	below 5.6	5.6 - 6.9	from 7.0
	postprandial	mmol/l	below 7.8	7.8 - 11.0	from 11.1
<b>Body Mass Index</b>		kg/m <sup>2</sup>	below 25	25 - 29	from 30
<b>Waist circumference</b>	Female	cm	below 80	80 - 87	from 88
	Male	cm	below 94	94 - 101	from 102
<b>Blood pressure</b>	syst./diast.	mmHg	below 130/85	131/86 - 139/89	from 140/90
<b>Total cholesterol</b>		mmol/l	below 5.0	5.0 - 7.9	from 8.0
<b>HDL cholesterol</b>	Female	mmol/l	from 1.3		below 1.3
	Male	mmol/l	from 1.0		below 1.0
<b>LDL cholesterol</b>		mmol/l	below 2.6	2.6 - 4.0	from 4.1
<b>Triglycerides</b>	fasting	mmol/l	below 1.7	1.7 - 3.5	from 3.5
<b>HbA<sub>1c</sub></b>		%	below 5.7	5.7 - 6.4	above 6.5
<b>Microalbumin</b>		mg/l	below 20	20 - 200	above 200
<b>A/C ratio</b>		mg/mmol	below 2	2 - 20	above 20

The above limits were derived from the following sources:

Riesen WF, et al. Empfehlungen zur Prävention der Atherosklerose. Schweizerische Ärztezeitung 2005; 86(22): 1355-1361.

Third Report of the National Cholesterol Education Program (NCEP) Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III) final report. Circulation 2002; 106(25): 3143-3421.

Swiss expert consensus conference, PD Dr. B. Hess: Microalbuminurie - Neuen kardiovaskulären Risikofaktor mit Ratio bestimmen. Cardiovasc 2003; 2: 1-4.