

What tests should people at risk have?

Anyone who has reached the age of 45 should have their blood sugar checked, even if they do not have any complaints or risk factors. If this is normal, then he should repeat the test every 3 years.

However, those with one of the risk factors should be screened early, starting at the age of 30. Especially if the person is slightly overweight, if there is reactive hypoglycemia, one should not wait even for the age of 30.

The most important test in diagnosing diabetes is blood glucose.

The most important thing that determines whether a person has hidden sugar is the glucose tolerance test. If we suspect sugar or hidden sugar in a person at risk, then we have him do a sugar tolerance test with 75 grams of glucose.