Your BioIQ Fasting Blood Sugar (FBS) Test results are a powerful tool in the hands of a physician, who can review them in the context of your overall medical history, family history, and other biological data. Your doctor can determine your potential risk for diabetes, assess the nature of an existing condition, and create a program to ensure your ongoing health. There are many effective ways to control blood sugar (also known as blood glucose) levels. Maintaining a healthy diet and exercising regularly can significantly reduce blood glucose levels—and even prevent the onset of diabetes altogether.1-3 Several drugs are available to control blood glucose levels as well.

The BioIQ FBS Test

The BioIQ FBS Test helps determine your risk for diabetes, a condition associated with elevated levels of glucose in the blood. This test provides a snapshot of your blood glucose levels in a fasting state.

Diabetes and FBS

The American Diabetes Association recommends aggressive treatment for FBS levels over 125 mg/dL, and careful monitoring for FBS levels of 100 mg/dL or greater.4 Elevated and sustained blood glucose levels can lead to chronic complications in the eyes, kidneys, and nerves. Elevated blood glucose levels are also associated with cardiovascular disease and stroke. Important clinical studies have demonstrated that reducing blood glucose levels minimizes the likelihood of these complications.5,6

BioIQ FBS Screening Recommendations

Normal Level: less than 100 mg/dL
This is considered the normal range for healthy individuals.

Elevated: 100 to 125 mg/dL
FBS results within this range are considered elevated, putting you at risk for developing diabetes and complications that can result over time. This should be discussed with your physician. Several factors may cause an elevated FBS, and only a physician should make a diagnosis of diabetes.

High: 126 mg/dL or greater
FBS results within this range are considered high, putting you at risk for diabetes and, in some cases, possible near-term metabolic complications. You should seek medical attention promptly to discuss this result with your physician.

For more information, please visit www.BioIQ.com or call 866.966.9243.

References:

