

# Elderly Blood Sugar Levels Chart

## Patient Information

- Name:
- Date of Birth:
- Date of Assessment:
- Healthcare Practitioner:

ELDERLY BLOOD SUGAR LEVELS CHART			
CATEGORY	HbA1c	Fasting Plasma Glucose (mg/dL)	Postprandial Glucose Levels (mg/dL)
Pre-diabetes	5.7% - 6.4%	100 - 125	140 - 199
Normal	Less than 5.7%	Below 100	Below 140
Diabetes	6.5% or higher	Above 126	Above 200

## Blood Sugar Levels

### Fasting Blood Sugar Levels (mg/dL)

- Target Range:
- Patient's Result:
- Interpretation:

## **Postprandial Glucose Levels (mg/dL)**

- **Target Range:**
- **Patient's Result:**
- **Interpretation:**

## **HbA1c (Glycated Hemoglobin) Levels**

- **Target Range:**
- **Patient's Result:**
- **Interpretation:**

## **Recommendations**

### **Diet**

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### **Exercise**

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### **Medication**

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### **Follow-up**

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