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Normal blood sugar level chart by age

High blood sugar is also known as hyperglycemia. Left untreated, high blood sugar can be life threatening, leading to a diabetic coma. Watch for symptoms of high blood sugar so you can respond appropriately if you notice these signs of a problem. When blood sugar goes up, glucose rises in the bloodstream. This could happen for someone with diabetes, because the body isn't utilizing glucose correctly. When the body is using glucose correctly, it uses it to fuel the brain, other organs and muscles. Insulin produced by the pancreas is necessary to enable glucose to enter cells. If insulin isn't present in the correct amounts, glucose will stay in the blood. This is when the blood sugar levels rise. Over time, blood vessels, nerves and organs are often damaged by high blood sugar. The symptoms of high blood sugar can be mild or severe. Sometimes people will live for years with mild symptoms, but they can also be so serious that you'll know immediately when they happen. The most common symptoms of high blood sugar include fatigue, increased thirst, frequent urination, blurred vision and headaches. Some people will also experience shortness of breath, stomach pain, nausea, vomiting, a rapid heart rate, a dry mouth and a fruity breath odor. If you think you're having a blood sugar spike, you should check your blood sugar levels with a finger stick (if possible). If a high carbohydrate meal has caused the spike, you might bring your sugar level down by drinking some water or exercising. When you exercise, you force your muscle cells to take in glucose, which removes it from the bloodstream. Getting regular exercise is an important part of an ongoing program for managing blood sugar levels. Left unchecked, high blood sugar could cause diabetic neuropathy, marked by tingling or numbness in the hands and feet. High blood sugar can cause circulation issues that slow down healing due to a lack of blood flow. This can cause minor sores to become infected, which could even lead to amputations. Blurred vision can happen from swollen lenses in the eyes, and changes the shape of lenses. Finally, a diabetic coma is life-threatening, possibly leading to brain damage and death. Hypoglycemia is the medical word for low blood sugar. Symptoms of low blood sugar include anxiety, shakiness, nervousness, weakness, sweating, fatigue, nausea, dizziness, hunger, confusion and difficulty speaking. Sometimes blood sugar can drop quickly, giving you few warning signs that it's happening. Low blood sugar demands treatment, just as high blood sugar does. Learning About Blood Oxygen Levels Most patients don't monitor their blood oxygen levels every day. The only time your oxygen likely gets checked is at a physical examination, a routine doctor's appointment, or if your physician suspects a problem. Those who do need to closely monitor their oxygen levels likely already have an underlying condition, such as chronic obstructive pulmonary disease (COPD), asthma, or heart disease. Normal and abnormal levels may be different for patients who suffer from these conditions. How Is Blood Oxygen Measured? In most cases, your healthcare provider will likely use a pulse oximeter. This is a tiny device that fits over your finger, although it can be used on the toes if necessary, and it measures your blood oxygen level in your capillaries via infrared light. This is a simple device to use, which is why it's used more often than other methods, but it does have a 2 percent margin of error. For those who may be hovering at the low end of the blood oxygen level, this can be a concern. In this case, your physician may use a blood test known as arterial blood gas (ABG), which more accurately measures your blood oxygen level. However, low blood oxygen may be an emergency, and waiting for blood test results may take time. What Are Normal Blood Oxygen Levels? For healthy patients with no other conditions, a blood oxygen level should be between 95 and 100 percent. You can never have a reading that is too "high" when it comes to blood oxygen — 100 is perfect. Patients who have COPD or other conditions may have a lower blood oxygen level, which is considered normal and not life-threatening to them. What Are Low or Dangerous Blood Oxygen Levels? Unless you have a preexisting condition, any reading below 95 percent is considered low. This may or may not be regarded as dangerous, based on your physician's opinion and current state of health. If you have a reading below 95 percent on an oximeter, your physician will order the ABG test and will want to monitor you more closely. Hypoxemia is the term for low blood oxygen. A value below 90 percent, however, may be cause for concern. What Are Hypoxemia Symptoms? If you feel that your blood oxygen level may be low, you should go to an urgent care facility, your physician, or the emergency room immediately. Some common symptoms of hypoxemia to be mindful of include headache, shortness of breath, dizziness, high blood pressure, chest pain, and confusion, among others. What Causes Low Blood Oxygen? There can be many causes of low blood oxygen. Some may not be health-related and may be situational, such as being at a high elevation where there is not enough oxygen in the air. It may also be caused by a lung condition or by the inability of the oxygen to be circulated through the bloodstream properly. Conditions that can cause hypoxemia include asthma, COPD, anemia, heart disease, pneumonia, sleep apnea, or fluid in the lungs. Medications such as narcotics can cause low blood oxygen. When Should I Have the PSA Screening? Prostate cancer is more common in men as they age. But younger men should have a PSA screening if they are considered high risk. High risk factors include a family history of prostate cancer, past cases of other types of cancer or other urological problems. The American Urological Association has markers for when you should be tested: Under 40: No screening is needed Age 40 to 54: No screening for average risk; possible screening for high riskAge 55 to 69: Screening likely, as suggested by your physicianOver 70: No screening need (because of limited life expectancy)The American Cancer Society differs slightly in its guidelines. It suggests men of average risk over 50 be screened. What Are Normal PSA Levels? There are four levels by which PSA levels are measured. These can be put into the categories of: Safe for most: 2.6 to 4 ng/mL (this level warrants a chat with your MD)Suspicious: 4 to 10 ng/mL (there is a substantial risk of prostate cancer)Dangerous: 10 ng/mL and higher (you have at least a 50 percent chance of prostate cancer)All categories except for the "safe" category should prompt you to talk with your doctor about further steps. What Are Age-Specific PSA Levels? Normal PSA levels can also be categorized by age. Anything above the top value warrants at least a "safe for most" category, and you should speak with your doctor as soon as possible. Men ages 40 to 49: 0 to 2.0 ng/mL for Asian Americans and African Americans, and 0 to 2.5 ng/mL for Caucasians Men ages 50 to 59: 0 to 3.0 ng/mL for Asian Americans, 0 to 4.0 ng/mL for African Americans, and 0 to 3.5 ng/mL for CaucasiansMen ages 60 to 69: 0 to 4.0 ng/mL for Asian Americans, 0 to 4.5 ng/mL for African Americans, and 0 to 4.5 ng/mL for CaucasiansMen aged 70 and above: 0 to 5.0 ng/mL for Asian Americans, 0 to 5.5 ng/mL for African Americans, and 0 to 6.5 ng/mL for Caucasians Some ethnicities have a higher level of PSA. However, as some of these levels fall within the more generic "suspicious" range, your doctor may ask for further testing. How Accurate is the PSA Test? Like any other testing or blood test, there is a chance that the results of the PSA are wrong. This is why a high level warrants further testing. There can be a high false-positive rate for men who are in the "suspicious" range, due to other factors, like prostate inflammation. While prostate inflammation would still require treatment, it's not as serious of a condition as prostate cancer. How Do You Lower PSA Levels? Men who have prostate cancer will need to visit an oncologist for thorough treatment. However, for men who have high PSA levels or inflammation, there are other treatment options, such as medication. Some medications have an efficacy of 50 percent after six months to a year of use. Certain supplements can lower PSA levels. What Are Other Causes of PSA Levels? Other conditions can trigger a high PSA result. Patients may have benign prostatic hyperplasia, which is a non-serious age-related condition, or a urinary tract infection (UTI), which is easily treated. High PSA levels can also be caused by ejaculation or vigorous exercise. Photo Courtesy: @ADA_DiabetesPro/Twitter When it comes to maintaining your health, your blood glucose level is one of the most important readings in your body. Also known simply as blood sugar, blood glucose provides the fuel your body needs to power the brain, heart and muscles. A lot of the glucose in your body comes from the foods you eat, but some is produced by the liver and used as needed. Ideally, your blood glucose level remains stable throughout the day in a range of 80-99 mg/dL (milligrams of sugar per deciliter of blood), with temporary spikes occurring after you eat, followed by insulin-aided drops back into the normal range. If blood glucose doesn't move into your cells to provide energy, it could lead to a buildup of glucose in the bloodstream that is known as diabetes. On the other hand, if your blood glucose level drops too low between meals, this causes hypoglycemia, also a potentially dangerous health condition. If you suspect you have issues with either high or low blood sugar, it's critical to monitor your blood glucose level. Glucose is a type of sugar in the blood that provides energy to the cells in your body. When you eat, the amount of glucose in your blood rises and then drops again as your body releases insulin to help move the sugar from your bloodstream into your cells. If too much time passes before eating again, the liver steps in and releases stored glucose to counteract drops in blood sugar. The underlying goal is to always keep your blood glucose level stable within the normal range. Your ideal blood glucose level depends on several factors, including your age, life expectancy and medical history. If you do not have any form of diabetes, your normal fasting blood sugar level should range from 80-99 mg/dL, with a potential increase up to 140 mg/dL right after eating. If you have been diagnosed with diabetes, your acceptable fasting blood sugar level could be higher at 80-130 mg/dL, with a possible spike up to 180 mg/dL after eating. In some cases, the pancreas doesn't effectively accomplish its job. Individuals who have diabetes either don't produce any insulin at all — or produce very little — or are resistant to the effects of insulin. If insulin isn't released into the bloodstream or doesn't properly do its job, glucose from the foods we eat simply builds up in the bloodstream instead of turning into energy, resulting in diabetes. Those who develop the most severe forms of diabetes require insulin replacement therapy to control the level of glucose in their blood. In less severe cases, dietary changes and exercise help with diabetes management, although medications and insulin may also be necessary for effective control. If you develop diabetes, you will need to check your blood glucose level several times a day, usually before and after you eat. This helps you determine how many carbohydrates you can consume in each meal and how much medication or insulin you need to take. The most common way to check your blood sugar level at home is with a glucose meter. These devices allow you to place a small drop of blood on a test strip that slides into the meter. It then analyzes the drop of blood and reports the blood glucose level on the display. Hyperglycemia is the medical term for a temporary high blood glucose level in someone with diabetes. This can happen if you eat too much, skip a dose of insulin or your oral diabetes medication, or develop an infection. A high blood sugar level can have serious consequences if you have diabetes, particularly Type 1 diabetes. If your blood sugar isn't lowered, it could lead to diabetic ketoacidosis, a life-threatening condition that could result in a coma. Symptoms of high blood sugar include frequent urination, excessive thirst, frequent infections, blurred vision, irritability and fatigue. Hypoglycemia is the medical term for temporary low blood sugar, although it can sometimes develop into a chronic condition. It can occur for several reasons, but it happens most often in those with diabetes. In some cases, hypoglycemia is actually a side effect of something else, such as certain liver and kidney diseases, hormone deficiencies and certain medications. In general, a blood glucose reading that is lower than 70 mg/dL puts you at risk of experiencing a hypoglycemic episode. When your blood glucose level drops too low, the symptoms of hypoglycemia often include headache, shakiness, sweating, clamminess, excessive hunger, irritability and confusion. These symptoms can appear suddenly and are usually the result of waiting too long between meals. The consequences — seizures and even sudden death — can be severe. Fast-acting carbohydrates like fruit juice, honey, glucose tablets and hard candy can be used to raise your blood sugar level quickly. Establishing a healthy lifestyle involves many positive things, such as getting plenty of exercise, getting plenty of sleep and eating a healthy diet filled with nutritious foods. It also means visiting your doctor for an annual checkup and self-monitoring essential functions like blood pressure on a regular basis. High blood pressure, clinically known as hypertension, is a potentially dangerous condition that can develop in people of any age for a variety of reasons. In many cases, people miss the signs of high blood pressure or associate them with other issues and don't even realize they have a problem, which is why hypertension is often called "the silent killer." The best line of defense against a sneak attack is to monitor your blood pressure on a regular basis, but it won't do any good if you don't understand the numbers. Here's what you need to know about blood pressure readings. Blood pressure readings are measured using a manual pump, cuff and stethoscope or using an automatic blood pressure monitoring machine. No matter which method is used, a blood pressure reading consists of two numbers that are written like a fraction with an upper number and a lower number. In science, pressure is often measured as millimeters of mercury, which is why blood pressure readings include a "mm HG" designation, such as 120/80 mm HG. In a blood pressure reading, the top number is the measurement for systolic pressure, which indicates the pressure of blood against the artery walls as the heart pumps and pushes it out to the rest of the body. The lower number is the measurement for diastolic pressure, which indicates the pressure of blood against the artery walls in between beats, when the heart is at rest. According to the American Heart Association (AHA), the normal blood pressure range consists of a systolic (top number) reading between 90 and 120 and a diastolic (bottom number) reading between 60 and 80. You often hear 120/80 cited as the ideal target blood pressure, but some doctors are more conservative and prefer to see lower numbers. When the systolic pressure falls between 121 and 129 with the diastolic staying at less than 80, blood pressure is classified as elevated. A reading of 130 to 139 systolic and 80 to 89 diastolic falls within a category known as stage 1 hypertension. Stage 2 hypertension is the classification when a blood pressure reading is higher than 140/90. If blood pressure exceeds 180/120, it is considered a dangerous hypertensive crisis, and you should seek immediate medical attention for an evaluation. Many factors contribute to high blood pressure, and certain risk factors put people at greater risk of developing it. As a general rule, systolic numbers tend to rise after the age of 50, mainly due to decreased elasticity in the blood vessels. Additionally, plaque builds up in the arteries as they stiffen, reducing the blood flow. This can lead to cardiac and vascular disease. Men tend to be more susceptible to high blood pressure until their mid-60s, when the risk flips, and women become more likely to develop it. Family history as well as a history of kidney disease can increase the likelihood of developing high blood pressure. Various other health conditions, such as diabetes and sleep apnea, have been linked to high blood pressure as well. In terms of race, African Americans often experience more severe cases of hypertension and develop it more often than other races. While these types of risk factors aren't within your control, that isn't true for all the causes of hypertension. Poor diets high in salt, sugar and saturated fats can lead to high blood pressure and also contribute to obesity, which is another risk factor for developing the disease. Excessive alcohol consumption, smoking, stress and a sedentary lifestyle are also key contributors to high blood pressure. Various treatments — both natural and pharmaceutical — are available for high blood pressure. If the blood pressure is only mildly elevated, your doctor may start by recommending specific lifestyle changes that can help you control your blood pressure. Depending on your current lifestyle, these suggestions could include quitting smoking, avoiding alcohol, learning to manage stress, losing weight, exercising, reducing salt intake, eating healthy foods and drinking more water. If these methods aren't effective or your blood pressure is more than slightly elevated, your doctor may prescribe medication to help reduce your blood pressure. Medication comes in many forms, including diuretics, beta blockers and calcium channel blockers. Appropriate lifestyle changes are sure to be recommended as well. In addition to physical checkups at your doctor's office, you can monitor your blood pressure readings at home. Automatic wrist monitors and arm blood pressure cuffs are sold at local and online pharmacies and big box stores to help you check your blood pressure at any time. They are sometimes even covered by insurance plans. High blood pressure can cause problems at any level, but it is particularly dangerous at levels at or exceeding 180/120. A hypertensive crisis could involve very serious symptoms, such as chest pain, vision changes, dizziness and difficulty communicating, and could even lead to a stroke. If blood pressure readings are very high, you should contact 911 or have someone drive you to an emergency room for immediate evaluation.

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