

What exactly is “blood sugar level”?

The blood sugar level is the amount of glucose (sugar) in the blood. It is also known as serum glucose level. It is expressed as millimoles per litre (mmol/l).

The ideal values are: 4 to 7 mmol/l before meals less than 10 mmol/l 90 minutes after a meal around 8 mmol/l at bedtime

What goes wrong Definition Symptoms