|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Category | Variable | Tolerance | | | Danger | | |
| General | Female | Male | General | Female | Male |
| Generic | Age |  |  |  |  |  |  |
| Sex |  |  |  |  |  |  |
| Height |  |  |  |  |  |  |
| Smoking | No |  |  | Yes |  |  |
| Drinking | No |  |  | Yes |  |  |
| Waist circumstances |  |  |  |  |  |  |
| Allocation Group |  |  |  |  |  |  |
| History of complications |  |  |  |  |  |  |
| Blood Pressure  (systolic) | <120 mmhg |  |  | 140 < mmhg |  |  |
| Diastolic  ( diastolic) | < 80  mmhg |  |  | 90 <  mmhg |  |  |
| Pulse rate | 60-100  Per minute |  |  | 100 <  Per minute |  |  |
| Weight |  |  |  |  |  |  |
| BMI | 18.5-24.9 |  |  | 24.9 < |  |  |
| Urinary Sugar | 0 to 0.8 mmol/L |  |  | 0.8 <  mmol/L |  |  |
| Duration of T2DM |  |  |  |  |  |  |
| hbA1c(6.5 %> means diabetes) | 4%-5.6% |  |  | 6.5 %< |  |  |
| Fasting plasma glucose | 70-100  mg/dL |  |  | 126 <  mg/dL |  |  |
| Insulin \* |  |  |  |  |  |  |
| HOMA-R | < 1.4 |  |  | 2.9 < |  |  |
| HOMA-beta \*\* | 2.1-22 |  |  |  |  |  |
| c-peptide | 0.8-3.1 ng/mL |  |  | 3.1 <  ng/mL |  |  |
| 1,5-anhydroglucitol,1,4-anhydro(-D)-glucitol | 10 µg/mL |  |  | < 10 µg/mL |  |  |
| Proinsulin | < 20  pmol/L |  |  | 20 <  pmol/L |  |  |
| Heart | Na (Sodium) | 135-145 (mEq/L) |  |  | 135 <  (mEq/L) |  |  |
| History of Hypertension |  |  |  |  |  |  |
| History of arteriosclerosis obliterans |  |  |  |  |  |  |
| History of atrial fibrillation |  |  |  |  |  |  |
| History of myocardial infarction, |  |  |  |  |  |  |
| History of dyslipidemia( excess lipid) |  |  |  |  |  |  |
| History of myocardial infarction |  |  |  |  |  |  |
| History of cerebral infarction |  |  |  |  |  |  |
| History of angina pectoris |  |  |  |  |  |  |
| History of heart failure |  |  |  |  |  |  |
| Triglyceride | < 150  mg/dL |  |  | 200 <  mg/dL |  |  |
| HDL-C |  | 35-80 mg/dL | 35-65 mg/dL |  | < 39 mg/dL | < 34  mg/dL |
| LDL-C | 100-129  mg/dL |  |  | 160 <  mg/dL |  |  |
| Kidney | Triglyceride | < 150  mg/dL |  |  | 200 <  mg/dL |  |  |
| Na (Sodium) | 135-145 (mEq/L) |  |  | 135 < (mEq/L) |  |  |
| Glycoalbumin | 3.5 - 5.0 mg/dL |  |  | 3.5 <  mg/dL |  |  |
| K (Potassium) | 3.5-5.0  (mEq/L) |  |  | 7 <  (mEq/L) |  |  |
| Cl (Chlorine) | 97-107 (mEq/L) |  |  | 107 <  (mEq/L) |  |  |
| History of kidney disease |  |  |  |  |  |  |
| History of hyperuricemia |  |  |  |  |  |  |
| BUN | 7-20  mg/dL |  |  | 20 <  mg/dL |  |  |
| Uric acid |  | 2.4-6.0 mg/dL | 3.4-7.0 mg/dL | 7.0 <  mg/dL |  |  |
| Creatinine |  | 0.5-1.1  mg/dL | 0.6-1.2  mg/dL | 5.0 <  mg/dL |  |  |
| Urinary Protein | 0-20  mg/dL |  |  |  |  |  |
| eGFR | 110 < |  |  | 80 < |  |  |
| Liver | Triglyceride | < 150  mg/dL |  |  | 200 <  mg/dL |  |  |
| Na (Sodium) | 135-145 (mEq/L) |  |  | 135 <  (mEq/L) |  |  |
| Glycoalbumin | 3.5 - 5.0 mg/dL |  |  | 3.5 <  mg/dL |  |  |
| History of liver disease |  |  |  |  |  |  |
| AST | 10-40  U/L |  |  | 10-20 times higher |  |  |
| ALT | 7-56  U/L |  |  | 10-20 times higher |  |  |
| γ-GTP | 0–30  U/L |  |  | 30 <  U/L |  |  |
| Blood | Red blood |  | 420  x10^4/L | 540  x10^4/μL |  | 470  x10^4/μL | 610  x10^4/μL |
|  | White Blood | 4500  /μL |  |  | 11000  /μL |  |  |
|  | Hemoglobin |  | 12.0  g/dL | 15.5  g/dL |  | 13.5  g/dL | 17.5  g/dL |
|  | Hematocrit |  | 37  % | 48  % |  | 45  % | 52  % |
|  | Platelets | 15  x10^4/μL |  |  | 48  x10^4/L |  |  |

Note:

* The higher the hbA1c, the higher your risk of having complications related to diabetes.
* \* I don’t think insulin has a range, the one in the data sheet might simply be the amount of insulin administered to the patients or diabetes level of these patients at those times.
* \*\* Not sure at all