

Control Your Blood Sugar

Diabetes can be a very serious disease. If it is not controlled, it can lead to heart disease, stroke, kidney damage, and blindness. Diagnosis and treatment for diabetes can help prevent the serious problems that can result from it.



Signs & Symptoms of Diabetes

- Passing urine often
- Excessive thirst
- Extreme hunger
- Increased fatigue
- Being irritable
- Unusual weight loss
- Blurry vision

FASTING BLOOD GLUCOSE TEST RESULTS

99 mg/dL and below	Normal
100 to 125 mg/dL	Pre-diabetes*
126 mg/dL and above	Diabetes. This is confirmed by repeating the test on a different day.

*Many people with prediabetes develop type 2 diabetes within 10 years. Some persons can prevent diabetes by: Losing weight; exercising for 30 minutes, 5 days a week; and eating a low-fat, reduced calorie diet.

TARGET BLOOD GLUCOSE LEVELS

Before Meals	70-130 mg/dL
2 Hours After Meals	< 180 mg/dL
A1c	< 7

Follow the target goals as advised by your health care provider.

WAYS TO KEEP BLOOD SUGAR CONTROLLED

- Lose weight if you are overweight. Maintain a healthy weight.
- Eat meals and snacks at regular times. Follow the meal plan for breakfast, lunch, dinner and snacks, as advised by your health care provider.
- Read food labels to guide your choices.
- Strictly limit saturated fats. Eliminate *trans* fats.
- Do regular exercise. When you exercise, carry a carbohydrate source, such as 4 oz. of fruit juice, 6 hard candies, or 3-4 Glucose tablets.
- Limit alcohol, as advised by your health care provider.
- Take medications, as prescribed.
- Do home testing of your blood glucose and keep track of results, as directed. Share results with your provider.
- Follow sick-day plans worked out ahead of time with your health care provider for:
 - Self-testing of blood sugar
 - What to eat and drink
 - How to adjust medications

