HOW TO MANAGE
BLOOD SUGAR



UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise.

GUCOSE INSULIN

The carbohydrates and sugars in what you eat and drink turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.



In type 2 diabetes glucose builds up in the blood instead of going into cells because:

The body develops "insulin resistance" and can't use the insulin it makes efficiently.

The pancreas gradually loses its ability to produce insulin

The result can be a high blood glucose level.

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TRACK LEVELS

Health care providers can take blood glucose readings and provide recommendations. If you're diagnosed with type 2 diabetes, you will need to monitor your blood sugar level regularly. Know Diabetes by Heart can help you manage type 2 diabetes.

FASTING BLOOD GLUCOSE	DIAGNOSIS	WHAT IT MEANS
Lower than 100 mg/dl	Normal	Healthy range
100 to 125 mg/dl	Prediabetes (Impaired Fasting Glucose)	At increased risk of developing diabetes
126 mg/dl or higher	Diabetes Mellitus (type 2 diabetes)	At increased risk of heart disease or storke

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TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, lean proteins and fish. Limit sweetened drinks, added sugars, fatty foods, processed meats and sodium.



MOVE MORE

Being physically active can lower your risk of developing diabetes and help you manage the disease if you already have it



MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes.



DON'T SMOKE

Smoking, vaping or using tobacco can increase your risk of heart disease, stroke, many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage.

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