

BLOOD GLUCOSE 101



WHAT DOES YOUR BLOOD GLUCOSE (BG) MEAN?

Why is it important to check your blood glucose?

As you know, diabetes occurs when the body is unable to make enough insulin, or is not able to use the insulin it makes efficiently enough to keep the blood glucose (also known as sugar) level within range. This is why it is important to closely monitor your BG levels.¹

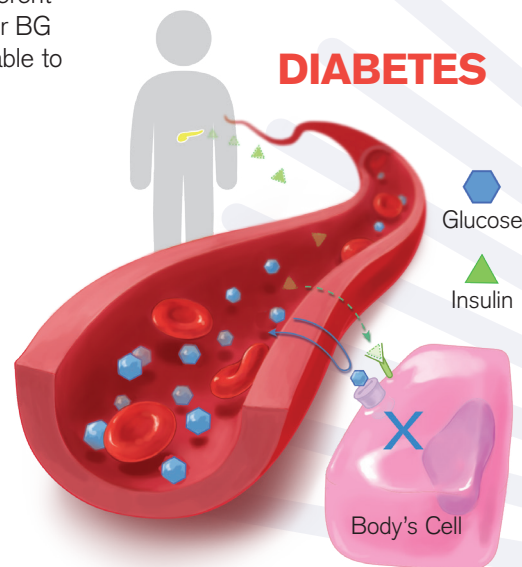
Knowing your BG levels will give you a good idea of how your body responds to different foods, medications, and changes in activity or overall wellness. When you know your BG levels, you will understand how to better manage them. BG information is also valuable to your healthcare provider to understand when a change in your therapy is needed.^{2,3}

AMERICAN DIABETES ASSOCIATION TARGETS FOR BLOOD GLUCOSE³

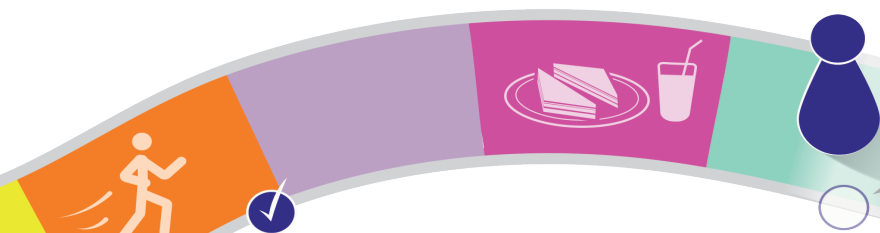
HbA1c*	Below 7%
Before Meals	80-130 mg/dL
2 hours after start of meal	Below 180 mg/dL

* HbA1c shows your average BG for 2-3 months.

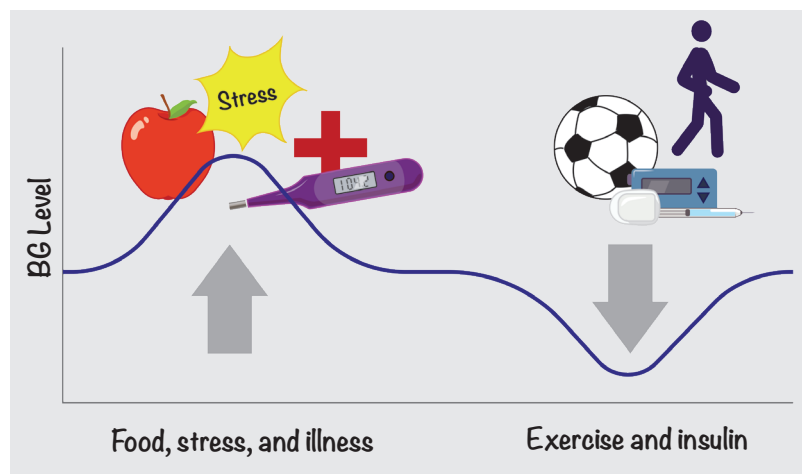
DIABETES



What should you keep track of?



Impact of Food, Exercise & Insulin



Time ____:____ AM/PM
BG= _____ mg/dL

Time of meal ____:____ AM/PM
Amount of carbs _____ grams
Foods eaten _____
Insulin given _____ units

Additional notes (e.g. activity, injury or illness):

BLOOD GLUCOSE 101

HYPOGLYCEMIA & HYPERGLYCEMIA

HYPOGLYCEMIA

Hypoglycemia (**low blood glucose**) is when the amount of sugar in the bloodstream drops to **70mg/dL** or lower.⁴

SYMPTOMS MAY INCLUDE⁴

- Sweaty & shaky
- Weak
- Headache
- Confusion
- Irritable
- Hungry
- Rapid heart rate
- Uncoordinated

THINK ABOUT THE CAUSE

FOOD

- Did you eat as much as you planned?
- Did you delay eating after taking your medication?

ACTIVITY

- Were you more active than usual?

MEDICATION

- Did you take more medication or insulin than you usually give?

KNOW THE 15-15 RULE:

Eat or drink something that is equal to 15 grams of carbohydrate (carbs). Wait 15 minutes and recheck your blood glucose (BG). If your BG is still low, repeat again.⁴

SOURCES OF 15 GRAMS OF CARBS⁴



- 3-4 glucose tabs or 1 tablespoon of sugar
- ½ cup (4oz) juice or regular soda (not diet)
- 1 cup (8oz) fat free milk

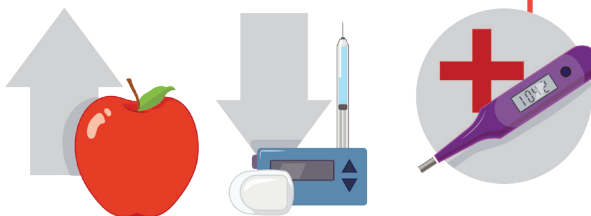
HYPERGLYCEMIA

Generally hyperglycemia (**high blood glucose**) is at levels **160mg/dL** or higher. Your individual target will be determined by your healthcare provider.⁵

Too much food, too little insulin, stress, illness, injury or surgery can cause high blood glucose.^{5,6}

SYMPTOMS MAY INCLUDE⁵

- Being more thirsty or hungry than usual
- Urinating more often
- Feeling tired
- Blurry vision
- Unexplained weight loss



THINK ABOUT THE CAUSE^{5,6}

Consider what may have caused the high blood glucose and take action to correct it.

FOOD

- Did you increase your portion size?
- Did you correctly calculate how much insulin to take?

ACTIVITY

- Were you less active than usual?

WELLNESS

- Are you feeling stressed or scared?
- Do you have a cold, flu, or other illness?
- Are you taking any new medications?

Did you know?^{3,6}

A high BG that is not treated quickly could develop into a serious condition called **Diabetic Ketoacidosis (DKA)**.

REFERENCES

1. National Institute of Diabetes and Digestive and Kidney Diseases. What is Diabetes? <https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes>. Accessed October 31, 2017. 2. American Diabetes Association. Checking Your Blood Glucose. <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/checking-your-blood-glucose.html>. Updated August 4, 2016. Accessed October 24, 2017. 3. American Diabetes Association Standards of Medical Care in Diabetes 2017. *Diabetes Care*. 2017;40(Supplement 1): S11-S12;S48;S50,S52. 4. American Diabetes Association. Hypoglycemia (Low Blood Glucose). <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html>. Updated July 1, 2015. Accessed October 17, 2017. 5. Joslin Diabetes Center. Hyperglycemia. http://www.joslin.org/info/high_blood_glucose_what_it_means_and_how_to_treat_it.html. Accessed October 9, 2017. 6. American Diabetes Association. Hyperglycemia (High Blood Glucose). <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hyperglycemia.html>. Updated September 16, 2014. Accessed October 17, 2017.

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