

Ask your health care provider about what **you can do** to manage your **blood sugar levels**

Target blood sugar levels for people who have diabetes

Before meals	70 to 130 mg/dL
1 to 2 hours after the start of a meal	Less than 180 mg/dL



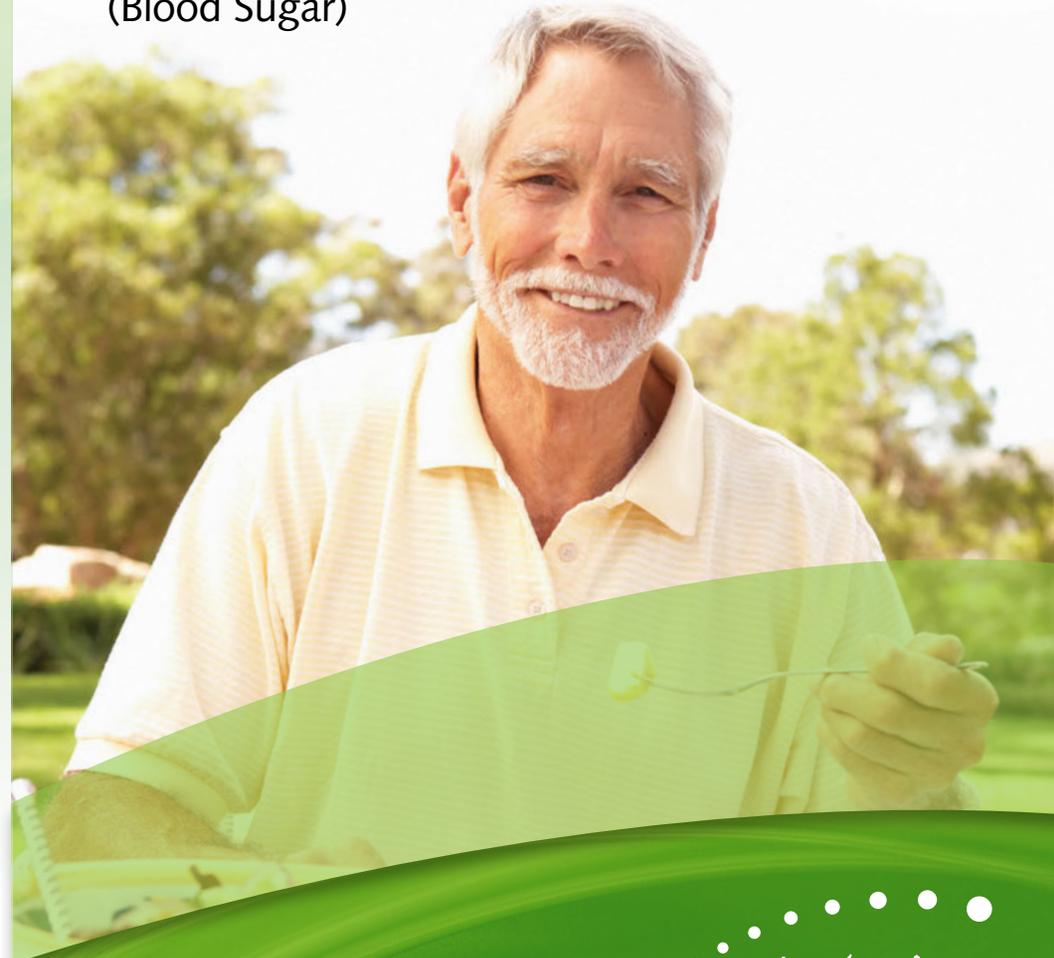
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Too much or too little?

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It's Important to **Watch Your Glucose**
(Blood Sugar)



diabetes

This health information is being provided for general educational purposes only. Your health care provider is the single best source of information regarding your health. Please consult your health care provider if you have any questions about your health or treatment.

Too Much Blood Sugar



Too much glucose = **Hyperglycemia**

- **Hyperglycemia may be caused by**
 - Your body not making enough insulin or not being able to use it properly to change glucose into energy
 - Being sick with a cold or flu
 - Eating too much
 - Exercising too little
- **Signs of hyperglycemia can take hours or even days to appear and include**
 - Frequent urinating
 - Increased thirst
 - High blood glucose
- **Signs of hyperglycemia can be managed by**
 - Checking with your health care provider about how much and how often you need to take your diabetes medication
 - Eating healthy foods regularly and not overeating
 - Regularly checking your blood glucose levels

Too Little Blood Sugar



Too little glucose = **Hypoglycemia**

- **Too little blood sugar may lead to passing out**
- **Hypoglycemia is most often caused by**
 - Too much insulin or other diabetes medication
 - Eating too little or not often enough
 - Drinking too many alcoholic beverages
 - Exercising too much
- **Signs of hypoglycemia come on quickly and include**
 - Hunger
 - Dizziness or light-headedness
 - Headache
 - Difficulty speaking
 - Difficulty paying attention, or confusion
- **People showing signs of hypoglycemia must immediately eat food high in sugar (such as fruit juice, candy, or glucose tablets)**
- **If person is unconscious, very disoriented, or having difficulty swallowing, seek immediate medical attention or call 911**