

DID YOU KNOW?

1.4 million people will be diagnosed with diabetes this year?

Diabetes is a disease in which your blood sugar levels are too high.

When you have diabetes, it's important to keep your blood glucose levels within a therapeutic range.

What Causes Your Blood Sugar Level to Rise and Fall?

Hyperglycemia when your blood glucose is too high. 

- Too much food, like a meal or snack with more carbohydrates than usual
- Dehydration
- Not being active
- Not enough insulin or oral diabetes medications
- Side effects from other medications, such as steroids or antipsychotic medications
- Illness, stress, or short or long-term pain (these all cause your body to release hormones that can raise blood sugar levels)

Hypoglycemia when your blood glucose is too low. 

- Not enough food, like a meal or snack with fewer carbohydrates than usual, or missing a meal or snack
- Alcohol, especially on an empty stomach
- Too much insulin or oral diabetes medications
- Side effects from other medications
- More physical activity or exercise than usual

If you have diabetes, you will likely need to check your blood glucose every day to make sure that your blood glucose numbers are in your target range.

About Blood Sugar

Everyone, diabetic or not, can experience high and low blood sugars.

When we eat our body breaks down carbohydrates and naturally releases sugar into our blood.

When the sugar from our meal doesn't move into our cells in a timely manner, high blood sugar remains.

When we don't have enough sugar in our blood low blood sugar symptoms may appear.

Symptoms of Hyperglycemia may include:

- Feeling thirsty
- Feeling tired or weak
- Headaches
- Urinating (peeing) often
- Blurred vision

When your blood sugar is high, it is important to have a plan on how to bring it down.

This may include an insulin that's scaled depending on how high your blood sugar is.

In most cases, a high blood sugar reading will improve over time.

Symptoms of Hypoglycemia may include:

- Shaking
- Sweating
- Nervousness or anxiety
- Irritability or confusion
- Dizziness
- Hunger

When your blood sugar is low, it is also important to have a plan on how to bring it up.

Some choose to drink a small glass of juice or take glucose pills.

Others may choose to eat a snack or meal if it is almost meal or snack time

Sometimes a really low blood sugar can make you confused, it is important that those around you know the symptoms of low blood sugar and what they can do to help you.

With the right tools including good communication with your medical team, a healthy diet and regular exercise good blood sugar control can be achieved.