

Ask your doctor about what *you can do* to manage your blood sugar levels

Target blood sugar levels for people who have diabetes⁴

Before meals	90 to 130 mg/dL
1 to 2 hours after the start of a meal	less than 180 mg/dL
To help prevent Hypoglycemia (low blood glucose)	Avoid 70 or below mg/dL

This information is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

References:

1. American Diabetes Association. Hyperglycemia. Available at: <http://www.diabetes.org/type-2-diabetes/hyperglycemia.jsp>. Accessed July 26, 2007.
2. American Diabetes Association. Hypoglycemia. Available at: <http://www.diabetes.org/type-2-diabetes/hypoglycemia.jsp>. Accessed July 23, 2007.
3. American Heart Association. Hyperglycemia and Hypoglycemia. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=4593>. Accessed July 23, 2007.
4. National Diabetes Information Clearinghouse (NDIC). Hypoglycemia. Available at: <http://diabetes.niddk.nih.gov/dm/pubs/hypoglycemia/index.htm>. Accessed July 26, 2007.



Too much or too little?
**It's important to
watch your glucose
(blood sugar)**

Too Much Blood Sugar?

or

Too Little Blood Sugar?



Too much glucose= Hyperglycemia

- ▶ **Hyperglycemia may be caused by¹:**
 - 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 include³:**
 - Frequent urinating
 - Frequent thirst
 - Frequent hunger
- ▶ **Signs of hyperglycemia can be managed by¹:**
 - Checking with your doctor 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 glucose= Hypoglycemia

- ▶ **Too little blood sugar may lead to passing out, coma, or even death^{2,3}**
- ▶ **Hypoglycemia is most often caused by⁴:**
 - 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 include⁴:**
 - Hunger
 - Sleepiness
 - Nervousness
 - Shakiness
 - Perspiration
 - Confusion
 - Difficulty speaking
 - Feeling anxious or weak
 - Dizziness or light-headedness
- ▶ **People showing signs of hypoglycemia must immediately eat food high in sugar (such as fruit juice, candy, or glucose tablets)⁴**