



Diabetes Control

(Blood Sugar in Normal Range)



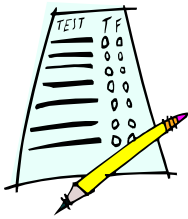
What is it?

***Blood test-** measures the level of glucose (sugar) in your blood at a given time

What is normal?

***Normal Fasting Blood Sugar-** 70 to 120 mg/dl , **After a Meal-** 150-180 mg/dl

***HgbA1C-** $\leq 7\%$



Facts:

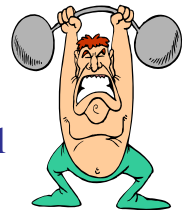
***Blood sugar levels rise-** after a meal and return to normal after 2 hours and usually runs 150 to 180 mg/dl

***Blood sugars tend to rise-** after age 50, especially if no exercise

-Type I Diabetics- produce little or no insulin-10% of population

-Type II Diabetes- usually begins after age 30, 80 to 90% are obese, runs in families

***Blacks and Hispanics-** a 2 to 3 times increased risk of developing



What happens if elevated?

***Symptoms-** increased urination, hunger, thirst, blurry vision, tingling in hands, feet and legs, wounds that will not heal, kidney problems, problems with sex, blood vessel and heart problems



What happens if low?

***Symptoms-** sweaty, dizzy, nervous, shaky, rapid heart beat, hungry, confused, bad mood - (Add 1/2 c. Juice or Regular Soda, 3-4 pieces hard candy wait 15 minutes-recheck)



What do I need to do?

***See a Physician-** if Blood Sugar is High or call a Diabetic Educator

***See a Registered Dietitian-** help with meal planning

***Snack Ideas-** Glass of milk and 1/2 Sandwich

***Records-** keep up with your blood sugars as MD directs

