

Blood Glucose 101



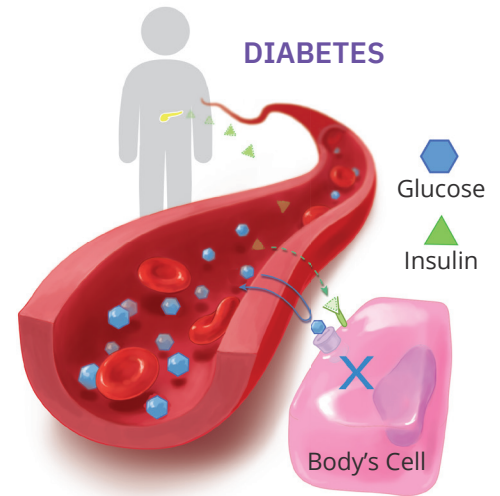
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What Does Your Blood Glucose (BG) Mean?

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



American Diabetes Association Targets for Blood Glucose²

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.

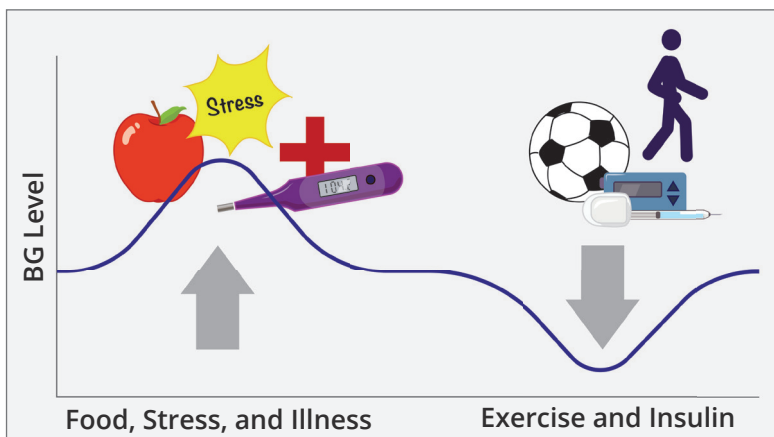
What should you keep track of?

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

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

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

Impact of Food, Exercise & Insulin




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.¹

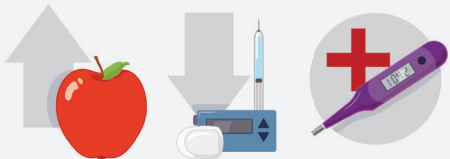
Symptoms May Include ¹	Think About the Cause	Know the 15-15 rule: Eat or drink something that is equal to 15 grams of carbohydrate (carbs). Wait 15 minutes and recheck your blood glucose (BG). If your BG is still low, repeat again. ¹
<ul style="list-style-type: none">• Sweaty & shaky• Weak• Headache• Confusion• Irritable• Hungry• Rapid heart rate• Uncoordinated	<p>Food</p> <ul style="list-style-type: none">• Did you eat as much as you planned?• Did you delay eating after taking your medication? <p>Activity</p> <ul style="list-style-type: none">• Were you more active than usual? <p>Medication</p> <ul style="list-style-type: none">• Did you take more medication or insulin than you usually give?	<p>Sources of 15 Grams of Carbs¹</p> <ul style="list-style-type: none">• 3-4 glucose tabs or 1 tablespoon of sugar• ½ cup (4oz) juice or regular soda (not diet) 

Hyperglycemia

Generally hyperglycemia (**high blood glucose**) is at levels **180mg/dL** or higher.²

Your individual target will be determined by your healthcare provider.

Too much food, too little insulin, stress, illness, injury or surgery can cause high blood glucose.¹

Symptoms May Include ¹	Think About the Cause	Did you know? A high BG that is not treated quickly could develop into a serious condition called Diabetic Ketoacidosis (DKA).
<ul style="list-style-type: none">• Being more thirsty or hungry than usual• Urinating more often• Feeling tired• Blurry vision• Unexplained weight loss	<p>Consider what may have caused the high blood glucose and take action to correct it.</p> <p>Food</p> <ul style="list-style-type: none">• Did you increase your portion size?• Did you correctly calculate how much insulin to take? <p>Activity</p> <ul style="list-style-type: none">• Were you less active than usual? <p>Wellness</p> <ul style="list-style-type: none">• Are you feeling stressed or scared?• Do you have a cold, flu, or other illness?• Are you taking any new medications?	

REFERENCES

1. Beaser, R. Joslin's Diabetes Deskbook. A Guide for Primary Care Providers. 3rd ed. Joslin Diabetes Center. 2014.

2. American Diabetes Association Standards of Medical Care in Diabetes 2021. Diabetes Care. 2021;44 (Suppl.1):S73-S84

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