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.²,³

### AMERICAN DIABETES ASSOCIATION TARGETS FOR BLOOD GLUCOSE³

<table>
<thead>
<tr>
<th></th>
<th>Below 7%</th>
</tr>
</thead>
<tbody>
<tr>
<td>HbA1c*</td>
<td>Below 80-130 mg/dL</td>
</tr>
<tr>
<td>Before Meals</td>
<td>Below 180 mg/dL</td>
</tr>
</tbody>
</table>

* HbA1c shows your average BG for 2-3 months.

What should you keep track of?

**Impact of Food, Exercise & Insulin**

- **Stress**
- **Food, stress, and illness**
- **Exercise and insulin**

**Diabetes**

- Glucose
- Insulin
- Body's Cell

**Time**

- Time ____ AM/PM
- BG = ________ mg/dL

**Time of meal**

- Time of meal ____ AM/PM
- Amount of carbs ______ grams
- Foods eaten
- Insulin given _______ units

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

_________________________

_________________________

_________________________
HYPOGLYCEMIA & HYPERGLYCEMIA

HYPOGLYCEMIA

Hypoglycemia (low blood glucose) is when the amount of sugar in the bloodstream drops to 70mg/dL or lower.4

SYMPTOMS MAY INCLUDE:
- Sweaty & shaky
- Weak
- Headache
- Confusion
- Irritable
- Hungry
- Rapid heart rate
- Uncoordinated

THINK ABOUT THE CAUSE

FOOD
- Did you eat as much as you planned?
- Did you delay eating after taking your medication?

ACTIVITY
- Were you more active than usual?

MEDICATION
- Did you take more medication or insulin than you usually give?

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.4

SOURCES OF 15 GRAMS OF CARBS
- 3-4 glucose tabs or 1 tablespoon of sugar
- ½ cup (4oz) juice or regular soda (not diet)
- 1 cup (8oz) fat free milk

HYPERGLYCEMIA

Generally hyperglycemia (high blood glucose) is at levels 160mg/dL or higher. Your individual target will be determined by your healthcare provider.5

Too much food, too little insulin, stress, illness, injury or surgery can cause high blood glucose.5,6

SYMPTOMS MAY INCLUDE:
- Being more thirsty or hungry than usual
- Urinating more often
- Feeling tired
- Blurry vision
- Unexplained weight loss

THINK ABOUT THE CAUSE

FOOD
- Did you increase your portion size?
- Did you correctly calculate how much insulin to take?

ACTIVITY
- Were you less active than usual?

WELLNESS
- Are you feeling stressed or scared?
- Do you have a cold, flu, or other illness?
- Are you taking any new medications?

REFERENCES
3. American Diabetes Association Standards of Medical Care in Diabetes 2017. Diabetes Care. 2017;40(Supplement 1); S11-S12;S48;S50;S52.

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