

WHY BLOOD SUGAR IS IMPORTANT



YOUR BLOOD SUGAR AND YOU

It might seem overwhelming to have to manage your diabetes and keep track of your blood sugar. But once you get the hang of it, it can become part of your routine.

It's important, too. You'll likely feel best when your blood sugar is within your target range recommended by your healthcare provider.



HOW TO TRACK YOUR BLOOD SUGAR

Understanding your blood sugar levels is the best way to get information you need to make better choices when managing your diabetes.

There are two ways to get information about your blood sugar:

- Short term, with a glucose meter. This gives you a reading of whether your blood sugar is in range at a particular moment in time, such as before and after meals.
- Longer term, with an A1C. This measures your average blood glucose over the past 2-3 months. The results can give you a good idea of how well your diabetes treatment plan is working.

The main things that affect your blood sugar levels are what, when, and how much you eat, any medicines you may be taking, as well as your level of physical activity.

WHAT ARE YOU AIMING FOR?

The American Diabetes Association generally recommends the following blood sugar goals for people with diabetes:

	SHORT-TERM GOALS		LONG-TERM GOAL
TEST	Blood Sugar (before meals)	Blood Sugar (1-2 hrs after meals)	A1C
RECOMMENDED GOALS	Between 80-130 mg/dL	Under 180 mg/dL	Under 7%
MY GOALS			
	mg/dL	mg/dL	%

YOUR NEXT MOVE

Use a logbook to write down your blood sugar levels on the schedule your healthcare provider recommends. Also write down what, when, and how much you eat and when you exercise. Then work with your healthcare provider to understand how food and physical activity make your blood sugar levels go up or down. This information can help you make better choices to take care of yourself.

For more tips on tracking your blood sugar and managing diabetes, go to www.LillyDiabetes.com.

