

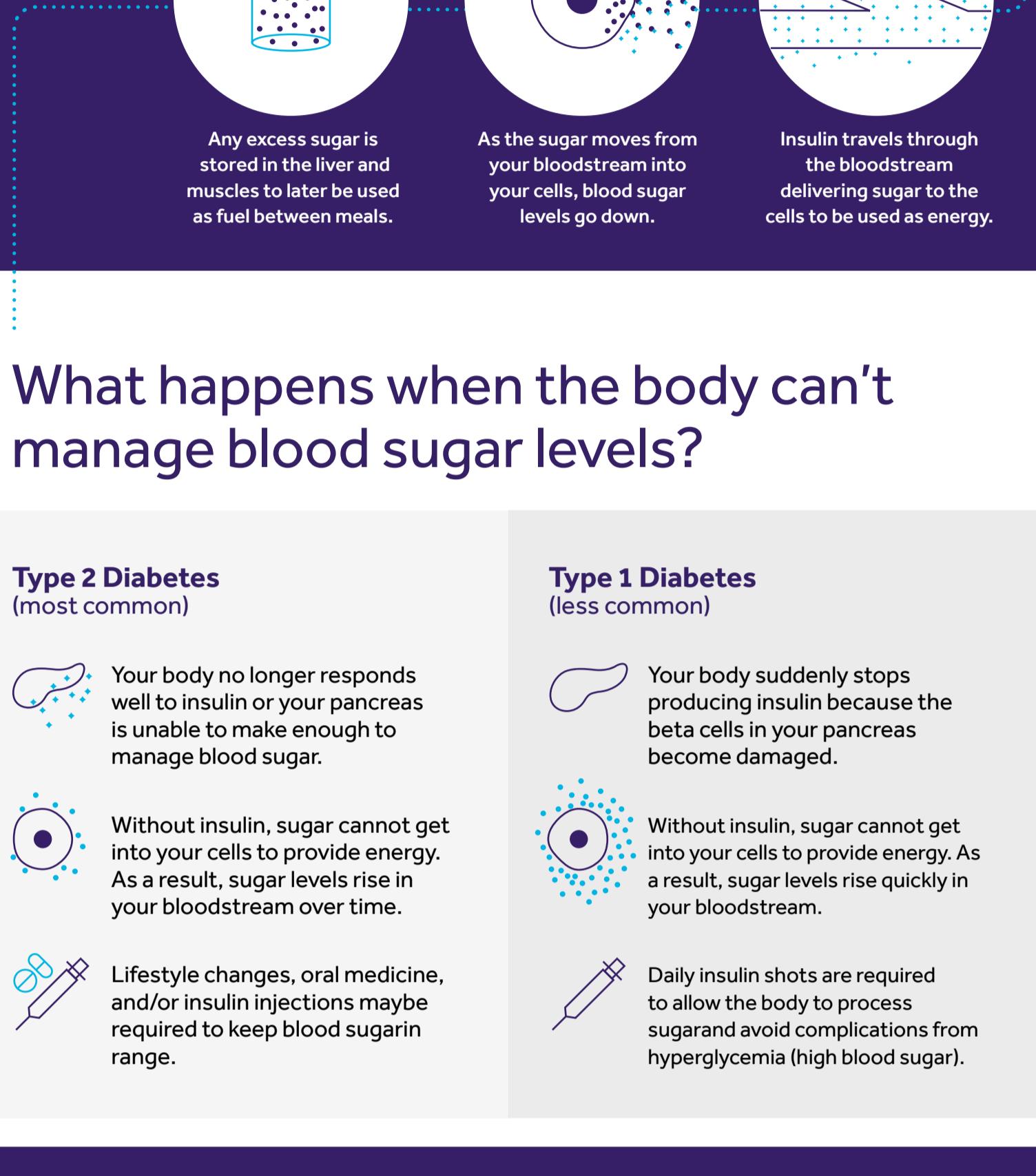


Your guide to diabetes

It all starts with blood sugar

Your body gets sugar, also known as glucose, from the food you eat — specifically carbohydrates (e.g. rice, bread, cereal, sweets, pasta, starchy vegetables, dairy). Blood sugar is used as a primary source of energy for your body.

How does the body manage blood sugar levels?



What happens when the body can't manage blood sugar levels?

Type 2 Diabetes (most common)

Your body no longer responds well to insulin or your pancreas is unable to make enough to manage blood sugar.

Without insulin, sugar cannot get into your cells to provide energy. As a result, sugar levels rise in your bloodstream over time.

Lifestyle changes, oral medicine, and/or insulin injections maybe required to keep blood sugar in range.

Type 1 Diabetes (less common)

Your body suddenly stops producing insulin because the beta cells in your pancreas become damaged.

Without insulin, sugar cannot get into your cells to provide energy. As a result, sugar levels rise quickly in your bloodstream.

Daily insulin shots are required to allow the body to process sugar and avoid complications from hyperglycemia (high blood sugar).

Why is it important to monitor blood sugar?



Daily

Take daily blood sugar readings with your home blood glucose monitor. These readings provide you with in-the-moment information to help you make immediate changes to your routine.

Your levels can vary widely throughout the day, depending on multiple factors, like food, activity, stress, and illness. Knowing when blood sugar levels are out of range is important to your short- and long-term health.

Too many high blood sugar readings over time can cause problems such as heart disease, kidney disease, nerve damage, vision loss, or foot ulcers. Regular tests and check-ups are needed to stay healthy—talk with your doctor about your plan.

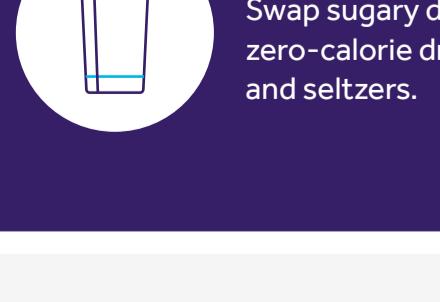
Long term

An A1C is a lab test that measures your average blood sugar over a 2-3 month period. This value may be used by your doctor to make adjustments to your diabetes routine.

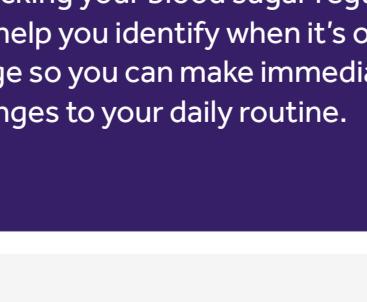
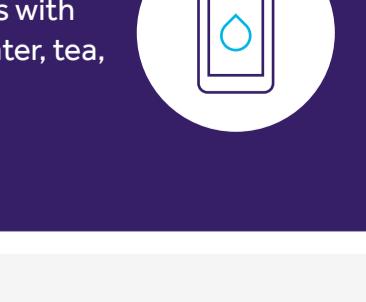


What are the suggested target ranges?

Based on guidelines developed by the Diabetes Canada Association



Blood Sugar Targets



If your blood sugar is too low, also known as hypoglycemia ($>4.0 \text{ mmol/L}$):

Eat or drink 15 grams of fast-acting carbs and recheck your blood sugar in 15 minutes.

If your blood sugar is too high ($>7.0 \text{ mmol/L}$ before a meal, $>10 \text{ mmol/L}$ after a meal):

Go for a 10-15 minute walk.



Tips for keeping your blood sugar in range

Exercise

Aim for 30 minutes of moderate activity at least 5 days a week.

Manage stress

Deep breathing, meditation, or just spending time with friends can help you relax.

Eat healthily

Eat a variety of vegetables, fruit, lean proteins, healthy fats, and whole grains.

Take meds as prescribed

If you're not taking medication and your blood sugar is often out of range, talk with your doctor.

Drink water

Swap sugary drink choices with zero-calorie drinks like water, tea, and seltzers.

Monitor your blood sugar

Checking your blood sugar regularly will help you identify when it's out of range so you can make immediate changes to your daily routine.

As always, you should speak with your doctor about your personal diabetes management goals.