

Managing Blood Sugar

Your health care provider will check on your A1C level on a regular basis. However, you also need to check and track your blood sugar level throughout the day. Use a blood glucose meter to measure your blood sugar at home, instantly. These measures will help you track your level and assist your health care team to set goals, or targets, for your blood sugar.

Using a Daily Diary

1. Check your blood sugar level and record it.
2. Write down the foods you ate, exercise you did, and medicines you took.

Over time, you will see what makes your blood sugar level go up or down. And, remember, always work together with your health care provider to find the right medicine and dose for you.



High and low blood sugar can occur without symptoms, so check your level regularly!

Managing Diabetes: The Highs and Lows

Managing diabetes is a balancing act.

Too High (hyperglycemia): You may experience:

- Getting up at night to go to the bathroom
- Increased thirst
- Increased hunger
- Moody

Too Low (hypoglycemia): Check your blood sugar if you suddenly have any of these symptoms:

- Shakiness
- Dizziness
- Sweating
- Hunger
- Headache
- Clumsy or jerky movements
- Seizure
- Difficulty paying attention, or confusion
- Tingling sensations around the mouth
- Pale skin color

It is important to educate yourself—and those who care for you—about low blood sugar and what to do if it happens to you. Low blood sugar can result from any of the following:

- Missed, small, or delayed meals
- Too much insulin or diabetes medication
- Increased activity/exercise
- Excessive alcohol