

# What do your blood sugars tell you?



ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



## What do your blood sugars tell you?

The information you get from checking your blood glucose helps you and your diabetes team make decisions about how to manage your diabetes.

### Would you like to learn how much you could lower your blood sugar by going on a walk?

Try testing before and after your walk. You don't need to do this every time you walk, but even testing a couple of times before and after exercise can help you learn the effect that exercise has on your blood sugar.

### Would you like to learn the effect that your favorite meal has on your blood sugar?

Paired testing is when you test before and two hours after that meal. Try this technique with different meals. Testing before and two hours after a meal will help you learn just how much effect that meal had on your blood sugar.

### Are you wondering if your new medication is helping you bring your fasting blood glucose closer to your targets?

Test to see if your new medication is working for you.

### Do you wonder what is happening to your blood sugar while you sleep?

Test before you go to bed and first thing in the morning before you eat!

**Your blood glucose monitor is a tool for learning more about your diabetes and your body!**

### What do controlled blood sugars look like?

For most people, goals of blood sugar control are:

- Fasting blood sugars and blood sugars taken before meals should be between 80-130 mg/dL
- Blood sugars taken 2 hours after you've eaten should be less than 180 mg/dL

### What should I do if my blood sugars are higher than goal?

Investigate! Try asking yourself these questions:

- Have I eaten high sugar foods or drinks?
- Did I eat a large meal or have a second helping?
- Did I skip taking my medicine?
- Could I have an infection? Am I sick?
- Am I under a lot of stress?
- Have I been less active?

These are all things that have an effect on blood sugar. Once you know what is causing the high blood sugar you can make a change to help prevent a high blood sugar next time.

If you can't figure out why your blood sugar is high, make sure to ask your provider or diabetes educator for help. Bring your blood sugar results with you when you come to clinic. You and your health care provider can talk about the best way for you to control your blood sugars.



## More Information

For more information or if you have questions, contact:

**Diabetes Educator:** \_\_\_\_\_

**Phone:** \_\_\_\_\_



## Diabetes Program

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**[www.anthc.org/diabetes](http://www.anthc.org/diabetes)**  
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