

Diabetes and your blood sugar

You need sugar for energy. Your blood always has some sugar in it; blood sugar levels rise and fall throughout the day. By learning about what causes changes in blood sugar levels, you can take steps to manage it.

When you have diabetes, your pancreas doesn't make any or enough insulin, or does not use the insulin properly, or both. As a result, sugar stays in your blood instead of moving into your cells. That is 1 of the reasons why you have high blood sugar.

Now let's look at some reasons why your blood sugar might rise or fall when you have diabetes.



Some things that can make your blood sugar go up include

- Not getting enough physical activity
- Eating too much food
- Having an illness or an infection
- Taking certain medicines

Some things that can make your blood sugar go down include

- Exercising or increased physical activity
- Eating less than usual
- Skipping a meal or snack
- Taking certain medicines

DIABETES

Blood sugar targets for people with diabetes

Blood Sugar	My Target
Before Meals:	_____ to _____
1 to 2 hours after the start of a meal:	Less than _____

Keep your blood sugar levels in the target range that you discussed with your health care provider. It may help prevent or delay health problems caused by diabetes. Diet, exercise, certain medicines, and coping with stress can help manage blood sugar levels.



TIP

Be sure to discuss your blood sugar targets with your health care team.