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Managing Blood Sugar Levels

For people with diabetes, managing blood sugar levels can be tricky. Learn how to take care of your blood sugar levels when they are too low or too high.

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Hypoglycemia (low blood sugar)

There are many reasons why blood sugar levels could be low. Some of the most common include:

- Missing meals or not eating at a regular time
- Not eating as many carbohydrates as you usually do
- Being more active or exercising more than usual
- Taking more insulin or diabetes medication than your body needs
- Drinking alcohol

Your blood sugar levels are too low if they are less than 4.0 mmol/L.

If you feel any of the following symptoms, it's recommended you test your blood sugar levels right away.

- Headache

- Blurry eyesight
- Hunger
- Irritability
- Sweating
- Dizziness
- Fast heartbeat
- Shaking
- Anxiety
- Weak or tired

Blood sugar levels can drop quickly. It's important to act right away.

- You should check your blood sugar levels if you feel any of these symptoms
- If you can't check your blood sugar levels, treat the symptom immediately by eating or drinking the appropriate amount of a fast-acting carbohydrate such as:
 - 15 grams of glucose from a glucose tablet (preferred choice)
 - One tablespoon (three packets) of table sugar, dissolved in water
 - ¾ cup of juice or soft drink
 - One tablespoon of honey

What next?

- Wait 10 to 15 minutes after treating symptoms and check blood sugar levels to see if they are back to normal
- If not, treat your symptoms again and wait 45 to 60 minutes before driving
- Be sure to consult your doctor about changes in your blood sugar levels

Hyperglycemia (high blood sugar)

When it comes to high blood sugar (hyperglycemia) there are other variables to consider:

- Sickness or stress level
- Types of foods and the amount eaten
- Medication management

Anything over 11 mmol/L is considered to be a high blood sugar level, which can cause you to:

- Be thirsty
- Pee more often than usual
- Feel weak or tired
- Be hungry
- Feel nauseous
- Have cramps or stomach pains

While controlling your blood sugar levels is important, if you have type 2 diabetes and a history of heart

disease, this may not be enough. But, there are medications that – along with diet and exercise – have been proven to lower the risk of dying from problems related to your heart and blood vessels.



Risk Factors For Other Diseases

Managing your risks for other diseases can be the best path to better health.

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