



Brought to you by the Holy Family Health Ministry

April is Diabetes Awareness Month

## HOW TO MANAGE BLOOD SUGAR

### X UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise.

- The carbohydrates and sugars in what you eat and drink turn into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.
- Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.

*In Type 2 diabetes, glucose builds up in the blood instead of going into the cells because:*

- The body develops 'insulin resistance' and cannot use the insulin it makes efficiently.



- The pancreas gradually loses its ability to produce insulin



- The results can be a high blood glucose level



### TRACK GLUCOSE LEVELS

- If you have been diagnosed with Type 2 diabetes, you will need to monitor your blood sugar levels regularly. Know normal and abnormal levels.

Fasting Blood Glucose	Diagnosis	What it Means
Lower than 100mg/dl	Normal	Healthy Range
100 to 125mg/dl	Prediabetes (impaired fasting glucose)	increased risk of developing diabetes
125 mg/dl or higher	Diabetes Mellitus (Type 2 diabetes)	At increased risk for heart disease and/or stroke

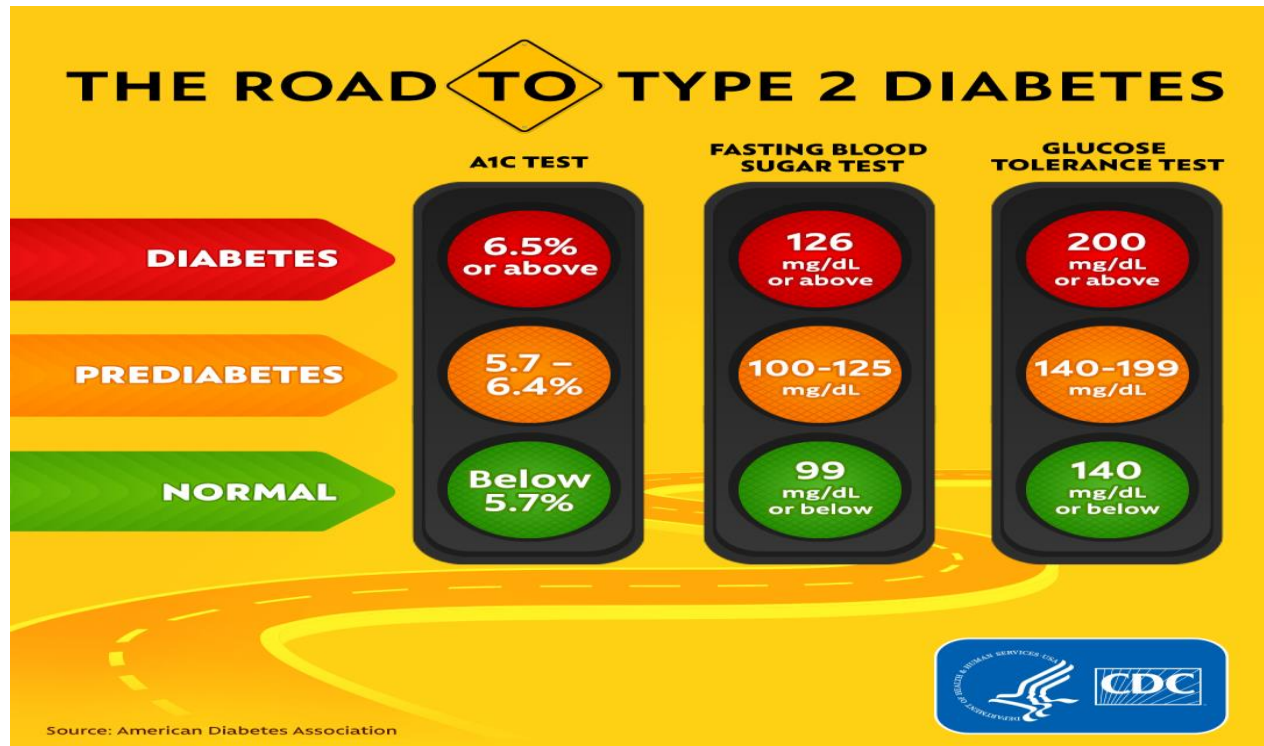
“Therefore, confess your sins to one another and pray for one another, that you may be healed. The fervent prayer of a righteous person is very powerful”. *James 5:16*





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### TIPS FOR SUCCESS IN CONTROLLING DIABETES

#### EAT SMART

- Eat a healthy diet of vegetables, fruits, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood.
- Limit sugary foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.

#### MOVE MORE

- Being physically active can lower your risk of developing diabetes and can help you manage the disease if you already have diabetes.

#### MANAGE WEIGHT

- Stay at a healthy weight to help prevent, delay or manage diabetes.

#### NO NICOTINE

- Smoking, vaping, exposure to smoke or using tobacco can increase your risk of heart disease, stroke, and many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage.

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