TIPS FOR SUCCESS

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

GLUCOSE INTO INSULIN
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 cells because:

The body develops “insulin resistance” and can’t use the insulin it makes efficiently.

The pancreas gradually loses its ability to produce insulin.

The result can be a high blood glucose level.

TRACK LEVELS
Health care professionals can take blood glucose readings and provide recommendations. If you’re diagnosed with Type 2 diabetes, you will need to monitor your blood sugar level regularly.

Know Diabetes by Heart can help you manage Type 2 diabetes.

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<th>Fasting Blood Glucose</th>
<th>Diagnosis</th>
<th>What It Means</th>
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<td>Lower than 100 mg/dl</td>
<td>Normal</td>
<td>Healthy range</td>
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<td>100 to 125 mg/dl</td>
<td>Prediabetes (Impaired Fasting Glucose)</td>
<td>At increased risk of developing diabetes.</td>
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<td>126 mg/dl or higher</td>
<td>Diabetes Mellitus (Type 2 diabetes)</td>
<td>At increased risk of heart disease or stroke.</td>
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Learn more at heart.org/lifes8