HOW TO REDUCE BLOOD SUGAR

1 UNDERSTAND BLOOD GLUCOSE LEVELS
The first step to reducing blood sugar is to understand what makes blood sugar levels rise.

GLUCOSE INSULIN
The carbohydrates and sugars in the food eaten turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

Insulin is a hormone that is made in the pancreas and 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 capacity to produce insulin.

THE RESULT CAN BE A HIGH BLOOD GLUCOSE LEVEL.

2 LEARN & TRACK LEVELS
The AHA recommendation for healthy blood glucose is:

<table>
<thead>
<tr>
<th>Blood Glucose Range</th>
<th>Diagnosis</th>
<th>What It Means</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 100 mg/dl</td>
<td>Normal</td>
<td>Healthy range</td>
</tr>
<tr>
<td>100 to 125 mg/dl</td>
<td>Prediabetes (Impaired Fasting Glucose)</td>
<td>At increased risk of developing diabetes</td>
</tr>
<tr>
<td>126 mg/dl or more</td>
<td>Diabetes Mellitus (type 2 diabetes)</td>
<td>At increased risk of developing heart disease or stroke.</td>
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</table>

3 TIPS FOR SUCCESS
Goal setting and making slow changes can help set ourselves up for success.

EAT BETTER
Try eating a diet full of fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts while limiting sugary foods and beverages to promote a healthy lifestyle.

GET ACTIVE
Physical activity can help control and reduce type 2 diabetes health effects.

MAINTAIN A HEALTHY WEIGHT
Speak with a medical provider to learn about the recommended type and amount of physical activity necessary to achieve and maintain a healthy weight.

QUIT SMOKING
Having diabetes means you are more likely to die of heart disease or suffer from a stroke. Smoking also increases the risk of these outcomes.

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