

ADJUSTING TO LIFE WITH PREDIABETES OR TYPE 2 DIABETES

WHAT
IT
MEANS

WHAT IS PREDIABETES?

With prediabetes, your blood glucose (also called blood sugar) levels are elevated, but not high enough to be diagnosed as diabetes. This condition puts you at a higher risk for developing type 2 diabetes and cardiovascular disease.

WHAT IS DIABETES?

Being diagnosed with diabetes means that your fasting blood sugar level is elevated and is equal to or greater than 126 mg/dL (or your A1C level is equal to or greater than 6.5%). There are different types of diabetes.

> TYPE 1 DIABETES

Type 1 diabetes occurs when your body does not produce insulin due to an autoimmune condition.

> TYPE 2 DIABETES

Type 2 diabetes occurs when your body does not use insulin properly. Your body may or may not be producing insulin.

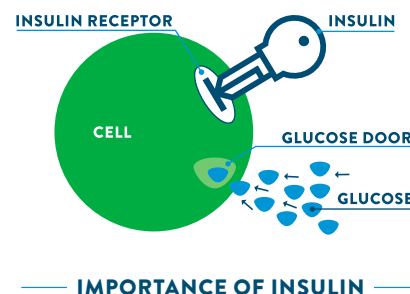
NONDIABETES	PREDIABETES	DIABETES
≤ 100 mg/dL	101 - 125 mg/dL	≥ 126 mg/dL
A1C $< 5.7\%$	A1C 5.7% TO 6.4%	A1C $\geq 6.5\%$

A LITTLE MORE SCIENTIFIC EXPLANATION

The digestive tract breaks down carbohydrates from the food you eat into glucose. With the help of insulin, a hormone produced in the pancreas, cells throughout the body absorb glucose and use it for energy.

If you have type 2 diabetes, your body doesn't use insulin properly. That's called insulin resistance. When this occurs, blood sugar levels are elevated. Over time, the pancreas can't make enough insulin to regulate your blood sugar. Too much sugar in the bloodstream can lead to heart disease, kidney disease, nerve damage, and loss of vision.

For patients with type 2 diabetes, there aren't enough "keys" (insulin) to allow glucose into the cell, forcing the glucose to remain in the bloodstream.



MONITORING BLOOD SUGAR LEVELS

WHAT ARE MY GOALS FOR BLOOD SUGAR MONITORING?

The American Diabetes Association suggests the blood sugar targets shown to the right for most nonpregnant adults with diabetes. Work with your medical care team to determine a goal that is right for you.

BLOOD SUGAR LEVELS

BEFORE MEALS

80-130 mg/dL

AFTER MEALS

(1 to 2 hours)

<180 mg/dL



MONITOR BLOOD SUGAR LEVELS

SHORT-TERM

KEEPING
TRACK OF
DIABETES.

TWO WAYS

You can use a meter or a continuous glucose monitor to check your blood sugar on a daily basis. Common times to check blood sugar are before a meal or two hours after a meal.

CHECK HEMOGLOBIN A1C

LONG-TERM



Your healthcare provider can help you track your type 2 diabetes by ordering a hemoglobin A1C test, which indicates your average blood sugar level over the past three months.

DIABETES CAN SEND YOU WARNING SIGNS—LISTEN TO YOUR BODY

WHAT ARE THE SIGNS

LOW BLOOD SUGAR

Hypoglycemia, also called low blood sugar, occurs when the level of sugar in your blood drops well below your fasting level. For many people with diabetes, that means a level of 70 milligrams per deciliter (mg/dL) or less.

SYMPTOMS

LESS
THAN
70
mg/dL

- Shaky or jittery
- Sweaty
- Hungry
- Headache
- Blurred vision
- Tired or weak
- Dizzy or lightheaded
- Confused or disoriented
- Irritable or nervous
- Fast heart beat

CAUSES

- Skipped or delayed meals
- Too much diabetes medication
- Diabetes medication taken too often
- More physical activity than usual
- Drinking alcohol
- Medication side effects

HOW TO MANAGE



When blood sugar drops below 70 mg/dL, there are simple ways to bring it back into a safer range. Immediately eat one of the items below. Each one has about 15 g of carbohydrates.

- ½ cup (4 oz) of fruit juice or regular (not diet) soft drink
- 8 oz of milk
- 5 to 7 pieces of hard candy
- 1 tbsp of sugar or honey

After 15 minutes, check your level again. If it's still below 70 mg/dL, eat another one of the items listed. This should be repeated until your level is above 70 mg/dL.

HIGH BLOOD SUGAR

Hyperglycemia, or high blood sugar, occurs when the level of sugar in your blood is too high, usually 180 mg/dL or higher.

SYMPTOMS

MORE
THAN
180
mg/dL

- Thirsty
- Tired or weak
- Headache
- Urinating often
- Blurred vision

CAUSES

- Large meals
- Not enough diabetes medication or insulin
- Low physical activity
- Not drinking enough liquids, like water
- Medication side effects
- Illness or injury
- Stress

HOW TO MANAGE

High blood sugar is influenced by diet, physical activity, and medication. If your blood sugar is frequently high, work with your healthcare team to adjust your current regimen.



CHECK WITH YOUR HEALTHCARE TEAM ABOUT WHAT LEVELS ARE TOO LOW OR TOO HIGH FOR YOU

SEVERE LOW BLOOD SUGAR

SYMPTOMS



- Unable to eat or drink
- Seizures or convulsions (jerky movements)
- Unconscious

HOW TO MANAGE

SEEK IMMEDIATE HELP. Severe hypoglycemia is extremely dangerous and may require a glucagon injection. Glucagon is a hormone produced in the pancreas that helps raise your blood sugar level. Talk with your healthcare team about when and how to use a glucagon emergency kit. If you have hypoglycemia often or have had severe hypoglycemia, you should wear a medical alert bracelet or pendant.



Visit anhi.org or scan this QR code for a digital copy of this resource