



# 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.<sup>1</sup>

*In type 2 diabetes glucose builds up in the blood instead of going into cells because,<sup>2</sup>*

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:<sup>3</sup>

Blood Glucose Range	Diagnosis	What It Means
< 100 mg/dl	Normal	Healthy range
100 to 125 mg/dl	Prediabetes (Impaired Fasting Glucose)	At increased risk of developing diabetes. <sup>4</sup>
126 mg/dl or more	Diabetes Mellitus (type 2 diabetes)	At increased risk of developing heart disease or stroke.

1. [http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia\\_UCM\\_445084\\_Encyclopedia.jsp](http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445084_Encyclopedia.jsp)  
 2. Grundy SM, Benjamin LJ, Burke GL, et al. Diabetes and cardiovascular disease. *Circulation*. 1999;100(10):1134-1146. doi: 10.1161/01.CIR.100.10.1134.  
 3. Fox CS, Golden SH, Anderson C, et al. Update on prevention of cardiovascular disease in adults with type 2 diabetes mellitus in light of recent evidence. *Circulation*. 2015;132(8):691-718. doi: 10.1161/CIR.0000000000000230.  
 4. Mozaffarian D, Benjamin EJ, Go AS, et al. Heart disease and stroke Statistics—2016 update. *Circulation*. 2015:e111. doi: 10.1161/CIR.0000000000000250.  
 5. Centers for Disease Control and Prevention. National diabetes fact sheet: National estimates and general information on diabetes and prediabetes in the United States, 2011. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention

## 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.<sup>4</sup>



### GET ACTIVE

Physical activity can help control and reduce type 2 diabetes health effects.<sup>4</sup>



### 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.<sup>4</sup>



### 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.<sup>5</sup>

