

Blood Sugars

When managing diabetes, the basics come down to recognizing and responding to two things: **High and Low Blood Sugar**.

High Blood Sugar (Hyperglycemia)

- **What it is:** Your blood sugar rises too high above your target range.
- **Signs:** Extreme thirst, frequent urination, fatigue, blurry vision, or headaches.
- **Fix:** Drink plenty of water to help flush out extra sugar, incorporate gentle movement like walking if safe, or administer a correction dose of insulin as directed by your doctor.

Low Blood Sugar (Hypoglycemia)

- **What it is:** Your blood sugar drops too low (usually below 70 mg/dL).
- **Signs:** Shakiness, sweating, dizziness, confusion, irritability, sudden hunger.
- **Fix:** Consume 15 grams of fast-acting sugar immediately (like 4 ounces of juice, 3-4 glucose tablets, or a few pieces of hard candy). Wait 15 minutes, recheck, and repeat if needed.

The Daily Balancing Act

- **Check:** Frequently monitor your levels using a CGM or finger sticks so you know where you stand.
- **Fuel:** Eat steady meals with balanced proteins, fats, and carbs to prevent major spikes or crashes.
- **Move:** Stay active to naturally support stable numbers and help your body process energy smoothly.