WHEN IT COMES TO DIABETES, managing your blood glucose is the best way to feel better. When your body experiences too much blood sugar or not enough, you won’t feel your best. Here are some tips to better control your blood sugar today.

If you have diabetes, know how to monitor your blood sugar using a glucometer and test strip at home. Test your blood sugar at the same time each day. Keep a notebook next to your blood testing kit so you can record your daily numbers. If the numbers seem high, consider what you ate last and understand its effect on your blood sugar. If you are consistently high, talk to your healthcare provider.

MAKE HEALTHY CHOICES.
Your top priority is keeping your blood glucose in your target range, so eat healthy foods that are low in sugar. Good options are: vegetables, greens, beans and legumes, and whole fruits. Avoid processed meats, white breads and grains, sweetened drinks, and processed food.

MOVE MORE.
Plan your day to include several walks that are more than 10 minutes each. Keep up a brisk pace to raise your heart rate during your walks. Try new exercises such as yoga, swimming, cycling, or lifting weights.

QUIT SMOKING.
Smoking cigarettes or cigars or vaping increases your risk of heart attack, cancer, and stroke and also makes it harder to control prediabetes and diabetes.

STRESS LESS. Talk to your healthcare provider or diabetes educator about ways to reduce stress in your life. If meals are causing you stress, maintain an easy meal plan. Find those stress points in your life and work with your care team to find solutions.

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<th>FASTING BLOOD GLUCOSE</th>
<th>DIAGNOSIS</th>
<th>WHAT IT MEANS</th>
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<tr>
<td>Lower than 100 mg/dl</td>
<td>Normal</td>
<td>Healthy Range</td>
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<tr>
<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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Talk to a certified diabetes educator or medical nutrition therapist today.
Beebe Diabetes Management: 302-645-3121
Interested in talking to a specialist? Beebe Endocrinology: 302-648-7999