

Blood Sugar Screening

Diabetes is the 7th leading cause of death in the U.S. **1** out of every **4** with diabetes doesn't know they have it.



**Get
Screened**



Minimize Your Risk of Type 2 Diabetes

✓ Eat Healthy ✓ Exercise ✓ Lose Weight

Mg/DL	Normal	Prediabetic	Diabetic
Fasting	70-100	101-125	126+
After Eating 0-1 hr.	170-200	190-230	220-300
After Eating 2-3 hrs.	120-140	140-160	200+
A1c	< 5.7	5.7-6.4	6.5 +

Importance of Getting Screened

If you have high blood glucose levels, you may be pre-diabetic. It is a clue your body is not regulating blood sugars well. Early diagnosis of pre-diabetes enables you to start self-care with healthy lifestyle changes, like increasing exercise and losing weight. For some people with pre-diabetes, early treatment can actually return blood glucose levels to the normal range. Screenings are important because there is often no symptoms for pre-diabetes.

The Role of Blood Sugars

Glucose, a sugar, is a main source of energy for the cells that make up muscles and tissues. Sugar is absorbed into the bloodstream and enters cells with the help of insulin. When the body does not make enough insulin or utilize it properly, too much glucose/sugars builds up in blood.

Risk Factors

- **Being Overweight** - the single best predictor of type 2 diabetes is overweight or obesity. Almost 90% of people living with type 2 diabetes are overweight or have obesity. People who are overweight or have obesity have added pressure on their body's ability to use insulin to properly control blood sugar levels, and are therefore more likely to develop diabetes.
- **Being Sedentary** - you do not get regular exercise at least 150 minutes a week.
- **Larger Waist Circumference** - waist circumference can indicate insulin resistance. The risk goes up for men with waists larger than 40 inches around and for women with waists larger than 35 inches. Waist circumference is NOT your pants size. It is measured at the navel.
- **High blood pressure, low levels of HDL (a good cholesterol) and high triglycerides** are associated with resistance to insulin and a higher risk for developing Diabetes.

Red flags that suggest you have moved from pre-diabetes to type 2 diabetes:

- Increased thirst
- Blurred vision
- Cuts or bruises that are slow to heal
- Frequent urination
- Extreme hunger
- Tingling/numbness in the hands or feet
- Fatigue
- Frequent infections
- Recurring skin, gum or bladder infections

Remember, pre-diabetes is often symptom free so make sure to get screened!

Did you know? Exercise can help reduce blood sugars in your blood? Muscles can use glucose without insulin when you're exercising! Exercise is key in helping you better manage your blood sugars.