

BETTER HEALTH 4 YOU

SMART LOCAL 36 BENEFIT FUND

DIABETES

Get Off the Blood Glucose Roller Coaster

Avoid the glucose highs and lows that affect your thinking and mood

Extreme blood sugar highs and lows can lead to major problems. There are physical symptoms; you are more likely to get long term problems from diabetes as well. Often, there are signs that your blood sugar is off target. Among the first signs are changes in your thinking and mood. Learn to spot and act on the warning signs. This will help you get off the blood sugar roller coaster. The goal is to keep your blood sugar and your mood as stable as you can.

If blood sugar goes too low, things can get worse very fast

Symptoms of low blood sugar (hypoglycemia)

When blood sugar drops below the normal range (70-120 mg/dL), you can start to feel signs. You may sweat, get a fast heartbeat, and feel jittery. Blood sugar will go lower if you don't take action. Eat or drink something that has sugar. If blood sugar goes lower, things can get worse very fast; you can have confusion, loss of consciousness, or coma.

Avoiding the lows

Here are some helpful hints:

- Be careful about how you eat. Time your meals and make sure the portions do not vary much. Get the nutrients you need from all food

groups.

- Stay active on a routine schedule. If you have a bout of intense exercise, test your blood sugar. If it is low, then eat a snack right

away.

- Make sure to take all of your medicine on time. Test your blood sugar often to be sure you stay in your target range all day.



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Chicken Salad Panini Sandwiches

- ¼ cup light mayo
- 1 TBS balsamic vinegar
- 2 cloves garlic, minced
- 1 ½ cup chopped chicken breast
- 1/3 cup fennel
- 8 slices very thinly sliced whole wheat bread
- ¾ cup arugula or spinach
- ¾ bottled roasted red peppers, drained
- 4 slices reduced-fat provolone cheese
- Olive oil or non-stick spray

Combine mayo, vinegar, and garlic. Add chicken and fennel. Spoon chicken mixture evenly atop 4 slices of bread. Top with arugula, red peppers and cheese. Top with other slice of bread. Place on a griddle. Cook for 1-2 minutes on each side.

Serving Size: Serves 4

Serves 6

Calories per serving 285, Fat 12g, Cholesterol 62mg, Sodium 480mg, Total Carbohydrate 19g, Fiber 3g, Protein 25g



Symptoms of high blood sugar (hyperglycemia)

Low blood sugar affects you in clear ways. High blood sugar affects you in ways that are not as easy to see. And, it does not pose the same immediate threat as low blood sugar. In most cases, it does not bring loss of consciousness or seizures like lows. This is true except when high blood sugar is very severe. But high blood sugar has just as much impact on your life. Your blood sugar is higher than target much more than it is below. This is the case for many who have diabetes.

Blood sugar can rise quickly, as it may after a meal. If so, you may get a mild form of the problems you have when sugars are too low. When blood sugar rises quickly, you:

- may not think as fast as normal
- may make more mistakes
- may feel nervous
- may have less energy.

If blood sugar stays high, you are more at risk for:

- heart disease
- stroke
- kidney disease
- loss of vision
- other long term problems.



Avoiding blood sugar highs

When you use an insulin pump, you're blood sugar control can get better. It helps to improve your blood sugars after meals above all. And, it stops the spikes in your blood sugar after dinner. This

gives you more energy and a clearer mind. There are things you can do to cut back on blood sugar spikes after eating. Stopping spikes will improve your health and boost your energy. Here are some steps to consider:

Keep blood sugar in control

before meals. This way, even if your blood sugar spikes, it will be from a good starting point. If you started from your target range, it won't end up sky high.

Test your blood sugar just before a meal and again two hours after.

If you do this just a few times, it will be helpful to you. You will find out when and how much your blood sugar spikes. This will help you and your health care team fine-tune your care plan.

Adjust your medicine based on what you learn from your blood sugar tests. Ask your doctor or health care team members if you should talk to them first. Do this before you start to make changes to your doses.

Pay attention to starches (such as bread, potatoes, pasta, rice) and sweets in your meals; limit the amount. These foods contribute the most to post-meal spikes.

Benefits of avoiding highs and lows

Take the steps above; you will see the benefits of good blood sugar control right away. The goal is having better control through the day. This will give you advantages day by day. You will have more stamina and will be more alert. Talk to your doctor about the easiest and best ways to do that.

Top Tips to avoid glucose highs and lows

1. **Test, don't guess.** When people estimate their blood sugar, most guess too high or low. Knowing your blood sugar will help you do things that work best to control it.
2. **Keep a logbook.** Take your blood sugar log to each visit with your doctor. Any time you get a high or low reading, jot down why you think it happened.
3. **Know your blood sugar trends.** Use the information in your log to make changes.
4. **Stick to a routine schedule for meals and exercise.** If you eat too much or too little you can make your blood sugars swing.
5. **Know your symptoms during blood sugar highs and lows.** Describe them to family and friends so they can help you get back on track.



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Call me anytime for questions