



Tips to Control Your Glucose Level

- Maintain a healthy weight
- Increase your physical activity
- Limit calories and saturated fat in your diet

GLUCOSE

Glucose is one of the most important carbohydrates in the body. It's most important function is to provide energy by transporting sugar in your blood. Abnormally high levels of glucose could point to serious health problems, including diabetes.

Diabetes is diagnosed when your body does not produce or properly use **insulin**, a hormone that is needed to convert sugar, starches, and other food into energy. There are multiple forms of diabetes, and here are some of the fundamental differences:

Type 1 Diabetes results from the body's failure to produce insulin. When this occurs, your body is not able to produce energy. Since insulin is essential for normal metabolism, people with Type 1 Diabetes need to constantly monitor and control their blood glucose levels with insulin injections.

Type 2 Diabetes results from your body's failure to use insulin correctly. This type of diabetes is most common and often referred to as the milder form of diabetes. Since people with Type 2 Diabetes can still produce some insulin, glucose levels can usually be managed by a controlled diet and oral medications.

Pre-Diabetes is a condition that occurs when a person's blood glucose levels are higher than normal, but not high enough to indicate Type 2 Diabetes.

Get Educated! Visit These Online Resources for More Information.

American Diabetes Association- www.diabetes.org

American Heart Association- www.americanheart.org

National Heart, Lung, and Blood Institute- www.nhlbi.nih.gov

BLOOD PRESSURE

CHOLESTEROL

GLUCOSE

PSA

BONE DENSITY

HEMOGLOBIN A1C

HRA

BODY COMPOSITION

FACIAL SKIN ANALYSIS

WHAT COULD THE RESULTS INDICATE?

| | <u>FASTING GLUCOSE LEVEL</u> |
|---------------------|-------------------------------------|
| NORMAL | 60 - 99 |
| PRE-DIABETES | 100 - 125 |
| DIABETES | 126 and higher |

*If your glucose is tested after a meal, your reading should never be over 200. Consult with your Physician for more information.