HOW TO MANAGE BLOOD SUGAR

UNDERSTAND BLOOD GLUCOSE
Sugars are in the foods we eat, like candy, cakes and cookies, but sugars (carbohydrates) are also in other foods that we eat like bread, pasta, rice and potatoes. Eating too many sugars can cause the sugars in our blood to rise. High sugar levels in the blood are bad for our blood vessels, liver, kidneys and other organs.¹

GLUCOSE When we eat carbohydrates and sugars, glucose (sugar) enters the bloodstream.

Insulin is a hormone made in the beta cells of the pancreas that helps the body’s cells take up glucose from blood and lower blood glucose levels. Insulin is released by the body when there is glucose in the blood. It is the insulin that helps our body to use the glucose and prevents the glucose from hurting our bodies. Diabetes occurs when the body cannot make insulin (beta cells don’t work) or when the body no longer “listens” to the insulin.

Type 2 diabetes is a disease that can occur in a person who eats too much sugar on a regular basis. Type 2 diabetes is harmful to the body.

Before developing Type 2 diabetes, the body develops resistance to the hormone insulin and can’t use the insulin it makes efficiently. The pancreas gradually loses its ability to produce insulin. The result can be a high blood glucose level.²

TRACK LEVELS
Your doctor can check your blood and measure the glucose levels to determine if you have diabetes. If you’re diagnosed with Type 2 diabetes, you will need to monitor your blood sugar levels regularly and your doctor will give you medications that you have to take everyday. Not treating diabetes can harm your kidneys, liver, nerves, eyes, heart, eyes and other parts of your body.³

Visit KnowDiabetesbyHeart.org to learn how to manage your risk for heart disease and stroke if you have diabetes.

Learn more at heart.org/lifes8

¹Harvard T.H. Chan School of Public Health, Carbohydrates and Blood Sugar
https://www.hsph.harvard.edu/nutritionsource/carbohydrates/carbohydrates-and-blood-sugar/


³American Heart Association, The connection between diabetes, kidney disease and high blood pressure


© Copyright 2023 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved.