

WATCH FOR HIGHS AND LOWS



Blood sugar levels that are too high or too low can cause serious health issues—even death. Blood sugar levels can be affected by things like:

- Common illnesses like colds and flu
- Unusual amounts of exercise
- Skipping meals
- Taking too much or not enough insulin

High blood sugar, or hyperglycemia,

is the main symptom of diabetes.

Common symptoms include:

- Increased thirst and urination
- Blurred vision
- Fatigue
- Weight loss

Low blood sugar, or hypoglycemia,

can also be dangerous. Common

symptoms include:

- Weakness or fatigue
- Feeling nervous
- Shaking or sweating

If you notice any of these symptoms, call your doctor.



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WHAT IS DIABETES?



MAKE HEALTHY
CHOICES TO
MANAGE IT



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THERE ARE 3 TYPES OF DIABETES

Type 1 diabetes causes the body to destroy cells that make insulin. Without insulin, your body cannot process sugar. This causes high levels of blood sugar. Symptoms usually start during childhood.

Type 2 diabetes makes your body unable to properly use insulin. This causes high blood sugar levels. Type 2 diabetes develops during adulthood and is the most common type of diabetes. Regular exercise and a healthy diet help reduce your risk for developing it.

Gestational diabetes occurs when hormones created during pregnancy cause insulin resistance. It only affects pregnant women, and usually goes away when pregnancy is over.

MANAGING DIABETES

Balancing what you eat, your exercise, a healthy lifestyle and medication can help control your blood sugar levels.

Maintain a healthy sleep schedule. Poor sleep affects your hormones, which causes higher blood sugar levels, increased appetite and weight gain.

Exercise regularly. A good exercise routine will improve your sleep and prevent weight gain.

Don't skip meals. When you don't eat for several hours, your liver releases glucose (sugar). This can cause your blood sugar levels to rise. If you must skip a meal, try a shake or bar created specifically for people with diabetes.

Drink water. High blood sugar can lead to frequent urination. Drink plenty of water to stay hydrated.

Eat healthy carbs. Carbs tell your liver to stop releasing glucose. Good carbs include oatmeal, sweet potatoes, legumes and wholegrain breads.



Know Your Levels

If you have diabetes, it's important to keep track of your blood sugar levels. You may need to test yourself at home.

Here are three things to keep in mind:

1 A glucose meter measures your levels using a drop of blood on a test strip. You usually get the blood by pricking a finger with a special needle.

2 Keeping a log of your results helps you and your doctor know how well you're managing your diabetes.

3 Your doctor will help you decide how often to check your levels and when—plus what your target blood sugar level should be.

TRACK YOUR TESTS

Schedule regular appointments with your doctor to make sure you are up to date on exams.

	FREQUENCY	REASON
Foot Exam	Once a year	Check for infections, sores and loss of feeling. These are signs of nerve problems.
Eye Exam	Once every two years	Check for diabetes-related health problems, such as diabetic retinopathy.
Urine Test	Once a year	Check urine for presence of a protein called albumin, which can indicate kidney damage.
Cholesterol Test	Once a year for adults with Type 2 diabetes	Check for high levels of cholesterol and triglycerides.
Hemoglobin A1c Test	Once every six months	Check A1c levels to monitor average blood sugar levels