

# KNOW YOUR NUMBERS

## Blood Sugar

[medinahealth.org/knowyournumbers](http://medinahealth.org/knowyournumbers)



## KNOW YOUR RISK

ASSESS YOUR RISK OF HEART DISEASE AND STROKE BY KNOWING YOUR BLOOD SUGAR NUMBERS

### WHY IS HIGH BLOOD SUGAR BAD?

High blood sugar can lead Diabetes, a medical condition where your body isn't able to process and use sugar from the foods that you eat.

### COMMON SIGNS OF DIABETES

- Frequent Urination
- Constant thirst
- Constant hunger
- Unexpected weight loss
- Very dry skin
- Dark patches forming on the skin
- Slow healing
- Blurred vision
- Pain and tingling in the hands and feet

## THE NUMBERS

	A1C Test	Fasting Blood Glucose	Glucose Tolerance Test
Diabetes	6.5% or higher	126 mg/dL or higher	200 mg/dL or higher
Prediabetes	5.7 – 6.4%	100-125 mg/dL	140-199 mg/dL
Normal	5.6 or lower	99 mg/dL or lower	140 mg/dL or lower

## STEPS TO MANAGE AND PREVENT HIGH BLOOD SUGAR

- See your Healthcare Provider
- Check your Blood Sugar Level
- Lower Your Weight
- Physical Activity - 30 minutes a day (walking)
- Eat more whole foods for a Heart-Healthy Diet
- Stop Smoking, vaping and all tobacco use