

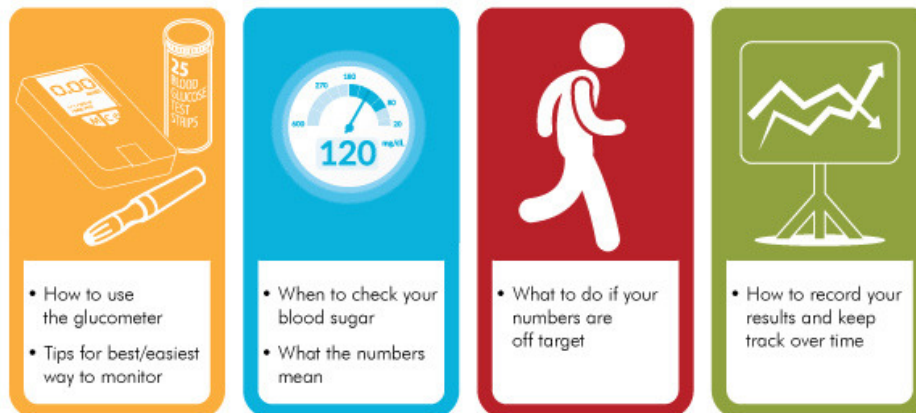
The Importance of Monitoring Your Blood Sugar

FROM THE AMERICAN ASSOCIATION OF DIABETES EDUCATORS

Checking your blood sugar regularly is an important part of diabetes self care. It helps you know when your blood sugar levels are on target and helps you learn how different foods and activities affect your blood sugar levels.

Understanding when to check and what the numbers mean can be confusing. A diabetes educator can help you get started and can provide tools and information to make monitoring easier. To find a Diabetes Educator in your area visit nmdi.org.

YOUR DIABETES EDUCATOR WILL HELP YOU LEARN:



- How to use the glucometer
- Tips for best/easiest way to monitor
- When to check your blood sugar
- What the numbers mean
- What to do if your numbers are off target
- How to record your results and keep track over time

In this issue we will focus on **Monitoring**

7 Self Care Behaviors for Managing Diabetes:

1. Healthy Eating
2. Being Active
3. **Monitoring**
4. Taking Medication
5. Problem Solving
6. Reducing Risks
7. Healthy Coping



Blood Sugar Target Ranges

FROM THE AMERICAN DIABETES ASSOCIATION

The American Diabetes Association suggests the following targets for most non-pregnant adults with diabetes. A1C targets differ based on age and health. Also, more or less strict glycemic goals may be appropriate for each individual.

A1C: Less than 7%

Blood sugar before a meal: 80–130 mg/dl

Blood sugar 1-2 hours after meal: Less than 180 mg/dl

The best way to determine your target ranges is to talk with your doctor or a Diabetes Educator.

This Just In...

Effective April 1, 2019 Michigan Department of Health and Human Services (MDHHS) will begin coverage of personal use continuous glucose monitoring systems (CGMS) for people with type 1 diabetes. If you or your child have type 1 diabetes and have Medicaid, MICHild, Healthy Michigan Plan or Children's Special Health Care Services, talk to your doctor to see if you are eligible.

Personal Action Towards Health (PATH)

In this 6-week program, participants will learn techniques to cope with diabetes including managing emotions and stress, eating healthy, taking medications appropriately and working with healthcare providers.

Classes are open to anyone with diabetes or pre-diabetes.

Upcoming Diabetes PATH Classes

Manistee 4/25 - 5:30-7:30

Traverse City 4/26 - 12:30-3:00

Traverse City 6/4 - 12:30-3:00

Call Area Agency on Aging
1-800-442-1713 to register

