

All About Blood Glucose

Objectives:	<p>Participants will be able to:</p> <ul style="list-style-type: none"> ▪ Identify actions/factors that influence blood glucose levels ▪ Describe the recommended blood glucose tests including A1C and meter monitoring ▪ State the recommended blood glucose targets ▪ Describe how to treat low blood sugar
Time Required:	20 minutes
A-V:	PowerPoint, laptop and projector
Handouts:	Choose to Live – Your Survival Guide*
Talking Points:	<ul style="list-style-type: none"> ▪ It's important for anyone with diabetes to understand what impacts their blood glucose levels ▪ Keeping blood glucose levels as close to normal as possible helps prevent or delay complications ▪ Will review what will make blood glucose rise and what will make it fall ▪ How can you track your blood glucose? ▪ Use a meter for everyday, immediate results ▪ Meter results can help you adjust and manage your diabetes every day (can make daily adjustments to your insulin or meal plan based on results) ▪ Keeping a record of your blood glucose results can help you and your health care team see patterns and make any needed adjustments to your treatment plan ▪ If you take medication for diabetes, know the symptoms of low blood sugar (hypoglycemia) and how to treat ▪ Have an A1C test to know how you are doing over a 3 month period ▪ For more information: <ul style="list-style-type: none"> ○ Call 1-800-diabetes ○ Visit the Diabetes Learning Center at diabetes.org
Activity:	<p>Participants:</p> <ul style="list-style-type: none"> ▪ Identify how they will measure their blood sugar ▪ Identify how they will keep track of results and targets

* Used in all "Managing Diabetes" presentations