



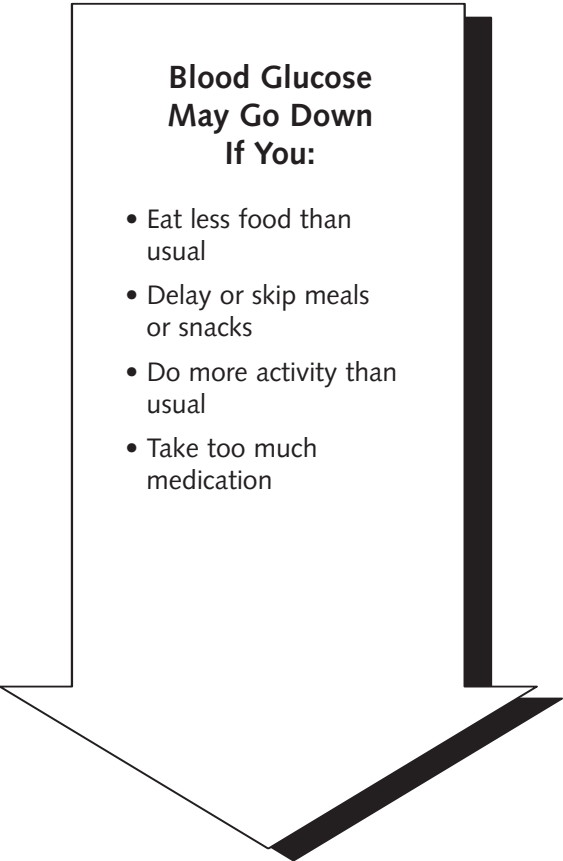
WHAT MAKES BLOOD SUGAR CHANGE?

Self-monitoring blood glucose is an important step in controlling diabetes and avoiding the risks of complications. As you try to control your blood sugar, be aware of the things that can change it.



Blood Glucose May Go Up If You:

- Have an infection or other illness
- Take other medications that affect blood sugar
- Use insulin after the expiration date
- Use insulin that has been stored improperly
- Eat more food than usual
- Do less activity than usual
- Skip or miss doses of diabetes medication
- Use diabetes medicine that your doctor needs to change



Blood Glucose May Go Down If You:

- Eat less food than usual
- Delay or skip meals or snacks
- Do more activity than usual
- Take too much medication

Adapted from: International Diabetes Center. Corporate Training Program. November 22-23, 1999;1-111. Page 96.



Bristol Park Medical Group
www.bristolparkmed.com

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