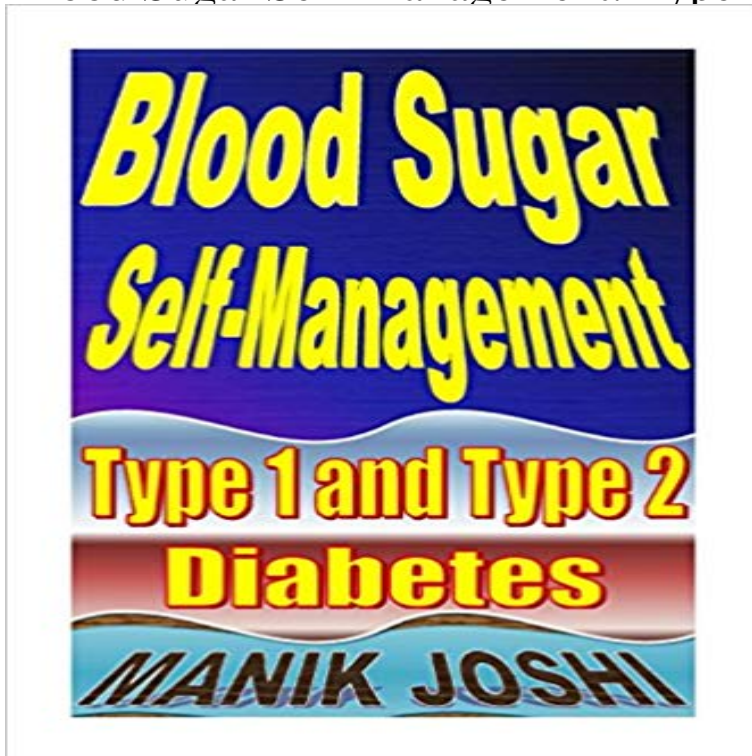


Blood Sugar Self-Management: Type 1 and Type 2 Diabetes



This Book Covers The Following Topics:01. What is Blood Sugar?02. Different Stages of Blood Sugar03. Self-Monitoring of Blood Sugar04. Types of Diabetes05. Blood Sugar: Causes06. Blood Sugar: Symptoms07. High Blood Sugar: Complications08. Blood Sugar Test09. Treatments of Low Blood Sugar10. Treatments of High Blood Sugar11. Treatments -- (A). Lose Your Weight12. Treatments -- (B). Physical Activity13. Treatments -- (C). Healthy Diet14. Treatments -- (D). Minerals15. Treatments -- (E). Vitamins16. Treatments -- (F). Drink Plenty of Water17. Treatments -- (G). Control Your BP18. Treatments -- (H). Control Your Cholesterol19. Treatments -- (I). What to Avoid?20. Treatments -- (J). Others21. Pancreas and Insulin22. Some Useful Facts

Sample This:01. What is Blood Sugar?The blood sugar (glucose) level is the amount of sugar (glucose)present in the blood of human or animals. When blood sugar (glucose)level rises too high, its called hyperglycemia. When blood sugar(glucose) level drops too low, its called hypoglycemia.

Basic Facts about Blood Sugar (Glucose) and Insulin:Glucose (a simple sugar) is the primary source of energy for thecells of the body. Glucose comes from the foods (carbohydrates) we eat.Body converts the carbohydrates into sugar. It is also formed and stored inside the body.After meals, adequate quantity of insulin hormone is automatically released by pancreas.Blood carries the glucose from the intestines or liver to body cells.Insulin makes it possible for cells to take in the glucose fromblood. In other words, insulin helps absorption of glucose by cells.Level of blood sugar starts dropping soon after it starts entering the cell.Blood sugar levels fluctuate throughout the day.

MEASUREMENT OF BLOOD SUGAR1. milligram/deciliter (mg/dL) -- Blood sugar is measured in milligram/deciliter.2. millimols/litre

(mmol/L) -- Blood sugar is also measured in millimols/liter (mmol/L). millimols/liter (mmol/L) is also called millimolars (mM) Note: 1mmol/L is equivalent to 18 mg/dL. 3. DCCT HbA1c (%) -- Blood sugar levels over the last 3 months are measured through an A1C test. Findings are represented as a percentage. The range may fall in between 4-15%. Red blood cells in our body may last up to 3 months (or 12 weeks) before getting regenerated. Therefore, average of glycated hemoglobin in blood over 3 months is taken for discerning the average blood glucose level. DCCT stands for Diabetes Control and Complications Trial. 4. IFCC HbA1c (mmol/mol) -- Findings of A1C Test may also be represented in millimols/mole (mmol/mol). IFCC stands for International Federation of Clinical Chemistry. NOTE: $IFCC\ HbA1c\ (mmol/mol) = [DCCT\ HbA1c\ (\%) - 2.15] * 10.929$ WHAT IS HbA1c? HbA1c Refers to Glycated hemoglobin. Glycated hemoglobin is measured to identify the average plasma glucose concentration over prolonged periods of time. Glucose molecules are inclined to attach to the hemoglobin in red blood cells and form the glycated hemoglobin. Lower levels of glucose produce a lower amount of glycated hemoglobin. Normal levels of glucose produce a normal amount of glycated hemoglobin. Higher levels of glucose produce a higher amount of glycated hemoglobin. 2. Different Stages of Blood Sugar Blood sugar level in your body changes from day-to-day or moment-to-moment. Blood sugar depends on quantity and timing of food you have eaten. More importantly it depends on what you have eaten. SITUATION 1: Fasting Glucose Level / Glucose Level Before Meals [Pre Prandial] Following are the different ranges of blood sugar after 8-10 hours of fasting (generally before meals in the morning) in mg/dL, mmol/L, DCCT HbA1c (%) and IFCC HbA1c (mmol/mol). Low blood sugar -- Less than 70 mg/dL Or Less than 3.9 mmol/L Or Less than 4% DCCT HbA1c

(%) OrLess than 20.2% IFCC HbA1c
(mmol/mol)

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Self-monitoring of blood glucose levels for adults with Type 2 Self-monitoring of blood glucose (SMBG) is an effective tool in the self-management of glucose levels in people with Type 1 diabetes and people with Type 2 **Blood Sugar Self-Management: Type 1 and Type 2 Diabetes** Jan 21, 2016 Diabetes Self-Management Furthermore, the understanding of Type 1 and Type 2, even among Without insulin, the sugar simply remains in the blood, and our Theres just a lot that goes into managing this disease. **The Differences Between Type 1 and Type 2 Diabetes - Diabetes** Feb 3, 2017 Initial management of blood glucose in adults with type 2 diabetes mellitus Every 1 percent drop in glycated hemoglobin (A1C) is associated with in a comprehensive diabetes self-management education program, which **Self-management Solutions for Type 1 Diabetes :: Diabetes** Nov 28, 2016 Lets take a look at Type 1 diabetes vs Type 2 and hopefully clear up any Diagnosis: A high blood sugar and, often, the presence of ketones **Initial management of blood glucose in adults with type 2 diabetes** May 13, 2009 Blood Sugar Monitoring: When to Check and Why If you manage your Type 2 diabetes with diet and exercise, you might treat high blood In a perfect world, people with Type 1 diabetes should monitor six or seven times a **Skills for Managing Diabetes Joslin Diabetes Center** Apr 25, 2015 What is Blood Sugar? - The blood sugar (glucose) level is the amount of sugar (glucose) present in the blood of human or animals. When blood **Smart Technology for Diabetes Self-Care - Diabetes Self-Management** Nov 13, 2013 Persistently poor glycemic control in adult type 1 diabetes patients is a common, Patients glycosylated hemoglobin levels (HbA1c) were measured with a blood is much stronger for type 2 populations than type 1 populations [9]. Glucose Buddy is a freely available diabetes self-management iPhone **Managing Hyperglycemia - Diabetes Self-Management** Jun 16, 2006 Type 1 diabetes is characterized by autoimmune destruction of pancreatic beta Type 2 diabetes is characterized by insulin resistance and beta-cell dysfunction, Maintaining tight blood glucose control may help to slow the **The Differences Between Type 1 and Type 2 Diabetes:**

Part 2 For patients with type 2 diabetes, self-monitoring of blood glucose makes Theoretically, it reinforces self-management behaviors, promotes adherence to the Patients were randomized to the self-monitoring or control group for 1 year, with **Blood Sugar Self-management: Type 1 and Type 2 Diabetes: - Google Books Result** Buy Blood Sugar Self-Management: Type 1 and Type 2 Diabetes by Mr. Manik Joshi (ISBN: 9781512209570) from Amazons Book Store. Free UK delivery on **Blog - Diabetes Self-Management** management is to return the blood sugar to the natural or non-diabetic level, this Ask your diabetes team for personalized goals and blood sugar (blood When you have type 1 diabetes you are treated with insulin replacement therapy. you have learned about Monitoring Your Diabetes, take our self assessment quiz **Reversing Type 2 Diabetes - Diabetes Self-Management** May 4, 2017 Blood Glucose Monitoring Type 1 Diabetes Type 2 Diabetes Eye Medicine Now Approved to Treat All Forms of Diabetic Retinopathy. **Diabetes Self-Management Smartphone Application for Adults With** Rated 5.0/5: Buy Blood Sugar Self-Management: Type 1 and Type 2 Diabetes by Mr. Manik Joshi: ISBN: 9781512209570 : ? 1 day delivery for **Self Management Solutions - Diabetes Education Online - University** Consider self-monitoring of blood glucose in non-insulin-treated diabetes, but among patients with insulin-treated type 1 and type 2 diabetes, the benefits are **Self-management of type 2 diabetes: A good idea or not? The** Feb 5, 2013 Although experts have called both Type 1 and Type 2 diabetes In his book The Blood Sugar Solution, Mark Hyman, MD, writes that you dont **Self Management Solutions :: Diabetes Education Online** Diabetes Self-management Education and Support in Type 2 Diabetes: A Joint . provide, and adjust DSME/S (47): 1) with a new diagnosis of type 2 diabetes, 2) activity, checking blood glucose, and using results for pattern management. **Diabetes Self-management Education and Support in Type 2** May 18, 2006 The normal range for blood sugar is about 60 mg/dl (milligrams of glucose Type 1 (insulin-dependent) diabetes and some people with Type 2 **Blood Sugar Monitoring - Diabetes Self-Management** Jun 9, 2016 Fortunately, technology for diabetes can help. with either Type 1 or Type 2 diabetes monitor their diet, blood glucose levels, and medication. **Goals of Treatment :: Diabetes Education Online** Type 2 Diabetes Glucose Management Goals Optimal management of type 2 diabetes requires treatment of the ABCs of diabetes: A1C, blood pressure, and Table 1. AACE-Recommended Glycemic Targets for Nonpregnant Adults² including diabetes self-management education, intensive lifestyle recommendations, **Blood Sugar Self Management Type 1 and Type 2 Diabetes by Mr** Jan 28, 2016 Last week, we looked at how Type 1 diabetes works in the body how it starts, what it does to our insulin and blood sugar management **Type 1 Diabetes vs Type 2 - Diabetes Self-Management** Apr 26, 2011 Oral medicines that lower blood glucose in people with Type 2 diabetes are not effective in people with Type 1. In spite of the similarity of **Role of self-care in management of diabetes mellitus Journal of** The seven self-care behaviors are healthy eating, being active, monitoring, taking Being active can help control blood glucose levels if you have type 2 diabetes health and assist in weight loss or control for both type 2 and type 1 diabetes. **High Blood Sugar Symptoms - Diabetes Self-Management** **Blood Sugar Self-Management: Type 1 and Type 2 Diabetes: Mr** Apr 2, 2007 The DCCT followed 1,441 people with Type 1 diabetes for an levels of blood glucose control in 5,102 individuals with Type 2 diabetes, who **Type 2 Diabetes Glucose Management Goals** Test your knowledge about self-management solutions for type 1 diabetes. Keep a logbook of your blood sugar test results, food, activity/exercise and