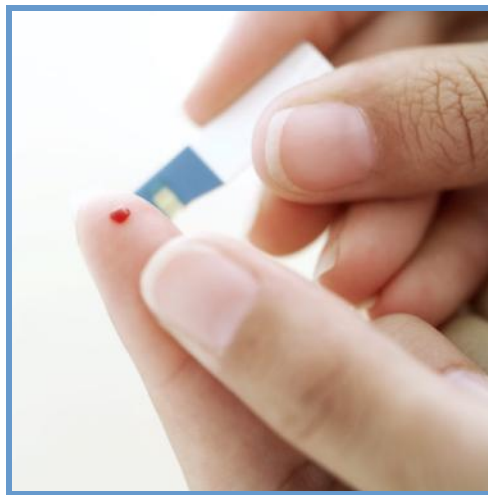


A Blood Glucose Monitor Might Just Save Your Life

2009 Health Smart article written by: Dr. Tedd Mitchell

Many folks think of diabetes as a “sugar” issue, but diabetes is actually a complex medical condition affecting the body’s production and use of insulin, a hormone that the pancreas produces. It is important to keep this in mind because the risks it poses to a person’s health are numerous, dangerous and often undetected until the damage is irreversible. That’s why it’s so important to find out where you stand.

Here’s the problem: You can feel “normal” but have abnormal blood sugar levels, so you need to get tested, particularly if you have risk factors for diabetes (obesity, sedentary lifestyle, poor eating habits, family history). If you’re reluctant to visit your doctor for a blood glucose test, one alternative is to test yourself. To do that, go to your pharmacy and buy a blood glucose monitor. Fast overnight (do not eat anything for at least 8 hours), then check your blood sugar in the morning.



If your result is less than 100, that’s normal—which is great. If your blood glucose is 100 to 125 you may have impaired fasting glucose (IFG), a type of pre-diabetes. If your result is higher than 125, you may have diabetes.

A reading above 100 means it’s very important to see your doctor. Denying the problem can lead to damage to the blood vessels, nervous system, and organs such as the eyes, heart and kidneys.

Fortunately, your health can be improved by making simple, consistent lifestyle changes. Coupling regular exercise with healthful diet is an outstanding way to make your body start burning sugar more effectively.

Address the problem head on. Ignorance is definitely not bliss when it comes to diabetes.

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