

## What To Do

The key to managing an episode of severe low blood glucose (hypoglycemia) is to be prepared.

If symptoms are present or blood glucose levels fall below 70 mg/dL, Lance follows the 15-15 Rule suggested by the American Diabetes Association<sup>2</sup>:



## Fast-Acting Glucose

Soft drinks and fruit juice can treat lows, but there are also products specifically designed to raise blood glucose.

These fast-acting glucose sources are:



Made with the simplest form of carbohydrate (glucose), which is absorbed into the blood stream quickly.



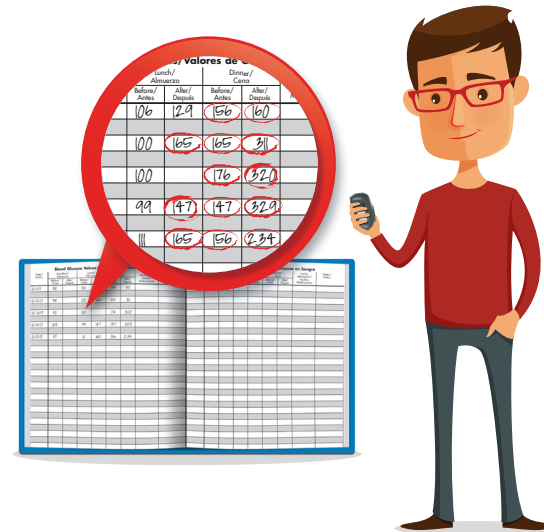
Available in pre-measured servings so an exact amount can be taken.



## Lance's Story

When Lance reviews his results, he highlights the high and low results and notes when he missed a meal, exercised longer than usual, or took too much medication.

This helps him to make adjustments in his daily routine to keep his blood glucose levels within his target range.



Visit [www.MeetLance.com](http://www.MeetLance.com) for more helpful tips!

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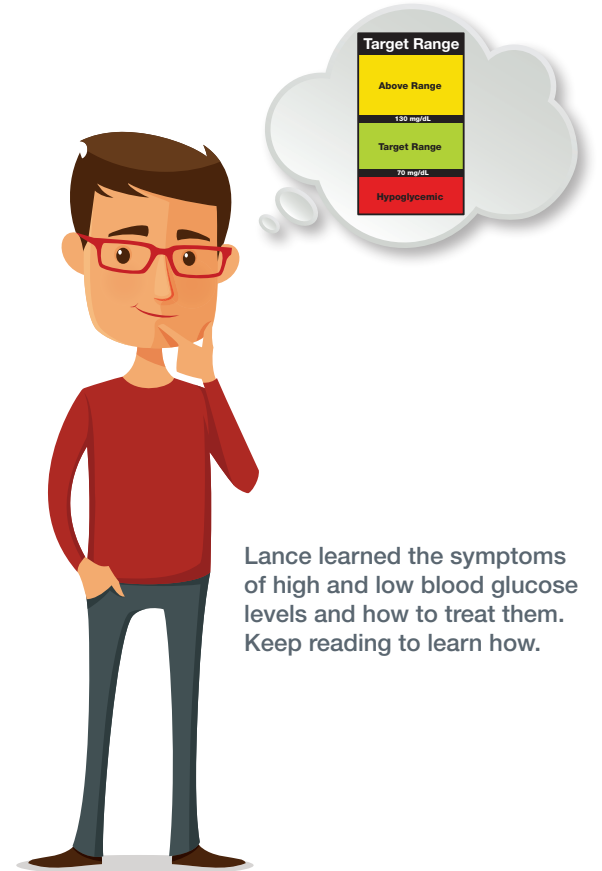


Information contained in this brochure was sourced through: American Diabetes Association, Resource Guide 2012; Diabetes Forecast, January 2012. American Diabetes Association Standards of Medical Care in Diabetes, Diabetes Care, January 2017, pgs. Life with Diabetes: A Series of Teaching Outlines, 4th edition by the Michigan Diabetes Research and Training Center; lead authors Martha M. Funnell, M.S., R.N., C.D.E.; Andrea Lasichak, M.S., R.D., C.D.E.; 2009 by American Diabetes Association. 1. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services; 2014. 2. American Diabetes Association, Hypoglycemia (Low Blood Glucose). <http://www.diabetes.org/living-with-diabetes/treatment-and-care/blood-glucose-control/hypoglycemia-low-blood.html?loc=lv-d-slabnav>, Accessed 16 Oct 2018. © 2019 Trividia Health, Inc. TRUEinsight, Meet Lance and the Trividia Health logo are trademarks of Trividia Health, Inc. MKT0545 Rev. 40

## High and Low Blood Glucose Levels

A TRUEinsight™ Education Guide

**Meet Lance.™**  
He was just diagnosed with diabetes...



Lance learned the symptoms of high and low blood glucose levels and how to treat them. Keep reading to learn how.

### Quick Tip

If hypoglycemia or low blood glucose is occurring more frequently, contact your healthcare team and set up an appointment to review your treatment plan together.

### Quick Tip

Fast-acting glucose products come in a variety of flavors and forms, including tablets, gels, and liquid shots, which make it convenient to stay prepared.

## Blood Glucose Monitoring

Keeping blood glucose levels within a set target range helps people with diabetes feel their best and helps to slow down or prevent complications from diabetes.<sup>1</sup>

At times, blood glucose levels may vary outside of this target range.

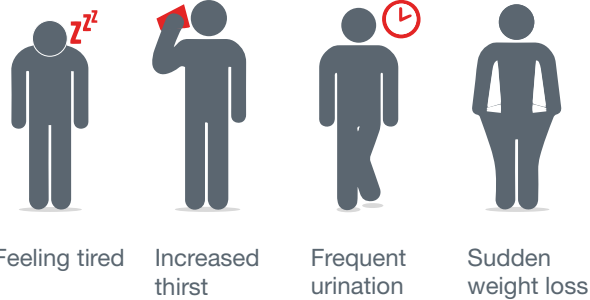
Lance's healthcare team emphasized how important it is for Lance to review his results in a log book or App regularly.

Blood Glucose Values/Valores		Breakfast/Desayuno		Lunch/Almuerzo	
Date	Before/Before	After/After	Date	Before/Before	After/After
1/17	85	95	1/16	12-1	150
2/12/17	95	100	1/15	145	165
2/3/17	90	100	1/14	170	170
1/17	104	99	1/17	147	147
1/17	117	111	1/15		

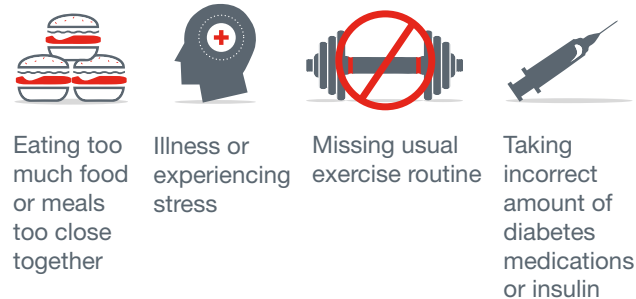
## High Blood Glucose Levels

High blood glucose happens when the body has too little insulin or when the body can't use insulin properly. This is called hyperglycemia.

### Symptoms May Include:<sup>2</sup>



### Reasons May Include:<sup>2</sup>



## What To Do

When there is a shortage of insulin in the blood the body breaks down body fat for energy, which produces ketones. Ketones can be checked with a simple urine test.

### Diabetic Ketoacidosis (DKA)

If ketone levels get too high, a serious condition, Diabetic Ketoacidosis, can develop, which can lead to a diabetic coma.

Lance prevents DKA by checking his urine and blood regularly.



### When To Test For Ketones

Test if experiencing the following symptoms:

- Blood glucose is more than 240 mg/dL
- Shortness of breath
- Breath smells fruity
- Nausea and vomiting



## Low Blood Glucose Levels

Sometimes people with diabetes experience low blood glucose, which can be very unpleasant.

### Symptoms May Include:<sup>2</sup>



### Reasons May Include:<sup>2</sup>



### Quick Tip

Daily blood glucose monitoring is a valuable tool to evaluate how well a diabetes management plan is working to keep blood glucose levels within target a range.

### Quick Tip

Not everyone living with diabetes experiences the same symptoms of hyperglycemia. In some people, the symptoms may not feel as pronounced, or the individual may not associate the symptoms to high blood glucose levels.

### Quick Tip

Hyperglycemia can be dangerous if left untreated, leading to potential medical emergencies. Always inform your healthcare team if blood glucose levels remain high for several days and you can not get them into target range.

### Quick Tip

Become aware of how your body feels when hypoglycemia is occurring to be better prepared to treat the symptoms immediately and effectively.