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.

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

Visit www.MeetLance.com for more helpful tips!

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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:
- Feeling tired
- Increased thirst
- Frequent urination
- Sudden weight loss

Reasons May Include:
- Eating too much food or meals too close together
- Illness or experiencing stress
- Missing usual exercise routine
- Taking incorrect amount of diabetes medications or insulin

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

Reasons May Include:
- Eating too little food or skipping a meal
- Drinking alcohol without eating
- Strenuous exercise
- Taking too many glucose-lowering pills or too much insulin

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.

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. 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.

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. 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.

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

Symptoms May Include:
- Feeling shaky, weak or hungry
- Dizziness or headaches
- Sweating
- Problems with vision

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.