



What is Glucose?

Glucose is a simple sugar. It is the main way your body gets energy. Your body makes glucose from the food you eat. Carbohydrates are the easiest for your body to turn into glucose. But eating too many carbohydrates can be harmful. Carbohydrates are found in many of the foods we eat like fruits, sweets, pop, bread, pasta, potatoes, rice, and cereals. If you eat a lot of these foods, your body may make more glucose than it needs.



Why is too much glucose bad?

The amount of glucose in your blood can tell us if you are becoming insulin resistant. Insulin is a hormone that helps your body use the glucose it makes.

When you become insulin resistant, the cells in your body do not take in glucose as easily. Your body has to make more insulin to help your cells take in the glucose. When that happens, you can end up with too much glucose in your blood.

When the glucose in your blood gets too high, it is called **prediabetes**. Prediabetes is a warning signal from your body telling you to lower your glucose level.

If your blood glucose stays too high, you can get **diabetes**. If your blood glucose is too high for a long time it can damage your eyes, your kidneys, your blood vessels, and your nerves.

How is my glucose measured?

During your WISEWOMAN visit, we take a small sample of your blood. This sample is placed in a machine that measures how much glucose and cholesterol are in your blood at that moment.

What should my glucose level be?

You want your glucose to be between 70 and 99.

What if my glucose is too high?

If your glucose number is over 99, we will send you for a follow-up blood glucose test. We may also send you to a doctor to talk about your number.

If the number on your follow-up blood glucose test is between 100 and 125, the doctor may talk to you about having prediabetes. If you have prediabetes, it does not mean you will get diabetes. There are things you can do to keep your glucose under control. Keeping your glucose under control may keep you from getting diabetes.

If the number on your follow-up blood glucose test is over 125, the doctor may talk to you about having diabetes. If you have diabetes, there are things you can do to keep your glucose under control and stay healthy.

If you go for the follow-up blood glucose test, make sure you do not eat anything for at least 8 hours before you get your blood taken.

How can I keep my glucose under control?

1. Lose weight

If you are overweight, just losing 5% to 7% of your body weight will help you lower your glucose. For a person who weighs 175 pounds, that means losing 9 to 12 pounds.

2. Be active

Being both overweight and not active can lead to insulin resistance. If you are not active now, start out slowly and work up to being active 30 minutes a day at least 5 days a week.



3. Watch what you eat

Talk to your WISEWOMAN Lifestyle Counselor about how you can make healthy food choices.

4. If you have diabetes, follow your doctor's instructions

If you do not understand your doctor's instructions, ask questions until you do. Test your blood sugar regularly, follow your food plan, and take your medicine the way your doctor prescribes it.

