

Monitoring your Blood Sugar Levels is Important!

Monitoring blood sugar levels is the most important way you can check how well you are managing your diabetes!

How to Monitor your Blood Sugar Levels

Your blood sugar level can be measured using a “blood glucose meter” or “blood glucose monitor”. You simply take a drop of blood by pricking your finger and the meter tells you how much sugar is in your blood at that time. This way, you can check if your blood sugar level is in the healthy range.

Good Diabetes Management

To manage diabetes successfully, the blood sugar levels should be kept within the normal range by timely injections of the right dose of insulin. However, if you change your eating habits (ex. fast), or physical activities, your blood sugar levels may become too low or too high.

If **sugar levels rise too high** (hyperglycaemia) and stay high, there is a risk of permanent damage to organs and other complications.

If **sugar levels fall too low** (hypoglycaemia), you can lose important functions, such as the ability to think and act normally.

Ask your Healthcare Professional about your individual blood sugar target range and get advice on how to behave in hypoglycemic and hyperglycemic situations.

For more information and personalized advice about Type 2 Diabetes, please contact your Healthcare Professional.

Would you like to know more about diabetes?
Please visit our website:

www.diabetes.ascensia.com

Caution: This brochure does not replace your Healthcare Professional advice.

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Type 2 Diabetes

Basic Information for Type 2
Diabetes Patients



Type 2 Diabetes

Life with Diabetes (Sugar Disease)

If you have diabetes, you are not alone. Worldwide there are millions of people living with diabetes. It is a manageable condition and with proper diabetes treatment, you can live a long and fulfilled life.

Diabetes – What you Should Know

Diabetes is a condition where the amount of sugar (glucose) in your blood is higher than normal.

Type 1 diabetes is where the body produces little or no insulin. Insulin is needed to help sugar enter the cells of your body. The sugar comes from the food you eat and it is used in all cells and organs to generate the energy that keeps your body going.

People with **type 2 diabetes** can still produce insulin, but the cells cannot respond to the insulin properly. In other words, they are “insulin-resistant”. In the beginning, the pancreas compensates for this by making more insulin. But after some time, it gets exhausted and cannot produce enough insulin to keep the blood sugar in the healthy range.

Type 2 Diabetes Causes and Risk Factors

The exact cause of type 2 diabetes is not fully known. Research has shown that the development of type 2 diabetes is linked to a number of risk factors.

These risk factors comprise:

- History of hyperglycaemia, pre-diabetes, and/or gestational diabetes
- High blood pressure
- High cholesterol
- Genetics and ethnicity
- Family history
- Overweight and obesity
- Lack of exercise
- Age

How Can Type 2 Diabetes be Treated?

Diabetes responds well to a number of simple lifestyle changes, so there are a lot of ways to manage diabetes. Healthy habits and medication work together to **bring your blood sugar levels under control**.

- **Food:** Set up a personalized eating plan, ideally with the help of an experienced food expert.
- **Exercise:** Be active in your everyday life.
- **Medication:** Take the medications your doctor says are necessary.

Tips for a Healthy Lifestyle

1. Food. It is possible to control your blood sugar with healthy eating habits. Knowing what’s in the meals you eat makes it a lot easier to control their effect on your blood sugar.

With the help of a food expert, you may have to make some changes to what and how much you eat, but the choices for your menu are still huge!

- Diversify! Eat different kinds of foods.
- Balance out! Eat several meals throughout the day and don’t skip meals.
- Take your pick! Vegetables, whole-grain products, fruit, fat-free dairy products, healthy fats and lean meat or fish - many foods are suitable for you.
- Get inspired! There are cookbooks with many ideas for a balanced diet, with recipes that taste great and include nutritional information.



2. Drinks. Think about drinks, too – they can also affect your blood sugar.

- Stay hydrated! Fresh water is your best choice.
- Do you like coffee or tea? If you drink them plain, they can be part of a healthy, sugar-reduced diet.
- Switch to diet drinks! Most of them (like diet tea or diet soda) have no sugar, so they do not influence your blood sugar level.
- Alcohol contains calories and sometimes sugar and may therefore influence your blood sugar level. Ask your doctor if you have any questions about how to handle alcohol.

3. Activities. When you move, your body consumes more energy and uses up the sugar faster than when you rest. Therefore, any type of activity helps to lower your blood sugar. Choose an activity that you have fun doing – this makes it more likely that you will stick with it. Ask your doctor if you are unsure.

Some examples are:

- Active sports like biking, walking and swimming
- Weight training
- Stretching, pilates and yoga
- And never forget physical activities in everyday life (like taking the stairs!)

4. Don’t Smoke. Smoking is a risk factor for diabetes and can increase your risk of diseases of your heart and/or blood vessels, such as high blood pressure.

5. Medication. Healthy eating and physical activities are a good start for your diabetes management and may do the job on their own. However, if they are not enough to normalize your blood sugar levels, your doctor may decide that you need oral medications and/or insulin to reach this goal.