

## MANAGING YOUR BLOOD SUGAR

It is important to check your blood sugar levels to obtain a quick measurement of where your blood sugar level is at a given time. This can help to determine if you are high or low and show you how your lifestyle and medication affects your blood sugar levels. Having a record of your blood sugars can help your diabetes health-care team make lifestyle and medication changes to improve your blood sugar control.

### KEEPING YOUR BLOOD SUGAR LEVELS WITHIN TARGET RANGE

It is important to keep your blood sugar levels as close to target to help delay or prevent the onset of complications. Many factors can affect your blood sugar levels, some of which are uncontrollable, hormones or stress for example. However, you can help control your blood sugar levels by maintaining healthy lifestyle habits, including:

- Eating healthy meals
- Keeping physically active
- Regularly monitoring blood sugars
- Taking insulin as prescribed

Blood sugar target ranges can vary and depend on a person's age, medical condition and other risk factors.

#### Recommended glycemic targets for children and adolescents with Type 1 Diabetes.

Age (Years)	A1C (%)	Fasting/Pre-prandial Blood Sugar	2-Hour Post- prandial Blood Sugar	Considerations
<6 years	<8.5%	6.0-12.0	-	Extra caution is required to minimize hypoglycemia because of the potential association between severe hypoglycemia and later cognitive impairment.
6-12	<8.0%	4.0-10.0	-	Targets should be graduated to child's age.
13-18	≤7.0%	4.0-7.0	5.0-10.0	Appropriate for most adolescents.