



HEALTHY BLOOD SUGARS FOR LIFE

Blood sugar, also known as glucose, comes from the foods we eat and is the body's primary source of energy. When blood sugar is in the normal range, most people generally have the energy needed to go about their daily lives. However, when it's high, it can cause serious health complications, especially over time.

WHAT IS DIABETES?

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. A healthy body turns food into sugar and releases it through the bloodstream. When blood sugar is high, the pancreas is signaled to release insulin. Diabetes occurs when blood sugars are too high and the body either can't make enough insulin or can't use it properly, resulting in excess sugar in the bloodstream. Over time, this can result in conditions like heart disease, kidney disease and vision loss.

In minutes, your healthcare provider can test your blood sugar level in the office with a glucose meter. It only requires a small sample of blood from your finger.



**Normal Blood Glucose Range
for Healthy Adults (fasting)**
70 – 99 mg/dL

WHAT'S NEW AT YOUR HOSPITAL

- Do you snore loudly? Do you feel tired or sleepy during the day? **Take the sleep quiz at whiterockmedicalcenter.com to learn if you might be at risk for obstructive sleep apnea.** Most insurance plans cover sleep studies. Learn more about our accredited sleep center at whiterockmedicalcenter.com.
- **Saira Bari Anwar, MD, is now providing primary care services** at our new clinic located at 6333 E. Mockingbird, next to Tom Thumb. Sick visits, preventive care well checks, and more. Meet Dr. Anwar at WhiteRockMedicalCenter.com/WRMGroup. Make an appointment by calling (214) 945-2491.

DIABETES AFFECTS

1 IN 10
AMERICANS



1 IN 5
*people don't even
know they have it*

When a patient's blood sugar is high, healthcare providers typically conduct an additional test to measure the A1C, or hemoglobin A1C. This provides information about the average blood sugar levels over the past 3 months, and is commonly used to diagnose prediabetes and diabetes.

A1C RANGES

NORMAL	BELOW 5.7%
PREDIABETES	5.7% TO 6.4%
DIABETES	6.5% OR ABOVE

RISK FACTORS FOR DIABETES

The following groups of people are among those at increased risk of developing diabetes.

- Individuals who are overweight or obese
- People 45-years-old and above
- Those who have first-degree relatives with diabetes (parents, children or siblings)
- Mothers who developed diabetes during pregnancy (gestational diabetes) or gave birth to large babies (9 pounds or more)
- Black, Alaska Native, American Indian, Asian American, Hispanic/Latino, Native Hawaiian and Pacific Islanders
- Those with high blood pressure (140/90 or higher)
- People who are physically inactive (exercise less than three times a week)





SURPRISING SPIKES

There are obvious causes for blood sugar spikes, from high-carb foods to illnesses. According to the CDC, however, there are a few surprises like the ones listed below.

- Artificial Sweeteners
- Coffee
- Dehydration
- Gum Disease
- Nose Spray
- Skipping Breakfast
- Sleep Loss
- Sunburns

LOWER BLOOD SUGAR NATURALLY

Maintaining a healthy weight by eating a balanced, low-carb diet and getting regular exercise are often the first steps toward achieving normal blood sugar levels. Below are a few lesser-known tips.

STAY HYDRATED	MANAGE STRESS	SNACK SMART	GO TO SLEEP
			
Water prompts the kidneys to flush out excess sugar through urine	Relaxation minimizes the body's secretion of hormones that spike blood sugar	Smaller, more frequent meals and/or snacks helps maintain even blood sugar levels	7-8 hours of sleep reduces weight gain and the chances of developing diabetes

NOVEMBER IS NATIONAL DIABETES MONTH

It's the perfect time get to know your blood sugar! If you haven't had your level checked recently, make an appointment with your healthcare provider today. When detected early, diabetes can be managed and sometimes even reversed with the right medications and lifestyle modifications.

If you'd like to receive this newsletter every month, please email

 community@WhiteRockMedicalCenter.com

with "Health Connection" in the subject line.