

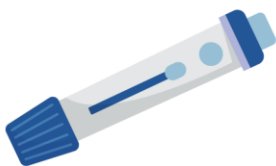
GLUCOSE REGULATION



UNDERSTAND BLOOD GLUCOSE

The first step to managing your blood sugar is to understand what makes blood sugar levels rise:

GLUCOSE INSULIN



The carbohydrates and sugars in what you eat and drink turns into glucose (sugar) in the stomach and digestive system. Glucose can then enter the bloodstream.

Insulin is a hormone made in the pancreas that helps the body's cells take up glucose from blood and lower blood sugar levels.

In Type 2 diabetes, glucose builds up in the blood instead of going into cells because:

The body develops "insulin resistance" and can't use the insulin it makes efficiently.



The pancreas gradually loses its ability to produce insulin.



The result can be a high blood glucose level.



TRACK LEVELS

Health care professionals can take blood glucose readings and provide recommendations. If you're diagnosed with Type 2 diabetes, you will need to monitor your blood sugar level regularly.

Fasting Blood Glucose	Diagnosis	What It Means
Lower than 100 mg/dl	Normal	Healthy range
100 to 125 mg/dl	Prediabetes (impaired fasting glucose)	At increased risk of developing diabetes.
126 mg/dl or higher	Diabetes Mellitus (Type 2 diabetes)	At increased risk of heart disease or stroke.



TIPS FOR SUCCESS



EAT SMART

Eat a healthy diet of vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins, lean animal proteins like fish and seafood. Limit sugary

foods and drinks, red or processed meats, salty foods, refined carbohydrates and highly processed foods.



MOVE MORE

Being physically active can lower your risk of developing diabetes and help you manage the disease if you already have it.



MANAGE WEIGHT

Stay at a healthy weight to help prevent, delay or manage diabetes



NO NICOTINE

Smoking, vaping, exposure to secondhand smoke or using tobacco can increase your risk of heart disease, stroke, many cancers and other chronic diseases. It may also make prediabetes and diabetes harder to manage.

Remember, your health is a journey, and small, consistent efforts can make a difference. Prioritize your well-being!



Schedule an in-office visit with your local clinic!

COLUSA
412 4th St.
Colusa, CA 95932
(707) 732-8679

CHICO
1074 East Ave. Suite Q
Chico, CA 95926
(707) 732-8679

SALINAS
333 Abbott St. Suite A
Salinas, CA 93901
(831) 206-1201

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SANTA MARIA

2605 S. Miller St. #100
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1080 Delbon Ave.
Turlock, CA 95382
(209)633-7402

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VISALIA

315 S. Johnson St.
Visalia, CA 93291
(559)713-0422

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