

# WELLNESS WEEKLY



## THE IMPORTANCE OF BLOOD SUGAR

When it comes to staying on top of your health, checking for blood sugar level is important . Blood sugar, or blood glucose levels measure the amount of glucose or sugar that is in the blood. Too little sugar in the blood can lead to cognitive difficulties, meanwhile, too much sugar in the blood can cause health complications, and can be an indication of an underlying condition like diabetes.

# BLOOD SUGAR & DIABETES

A very large quantity of Americans are diabetic, some are not even aware that they have it. Many of Americans have what is known as Prediabetes, which is a condition where the blood sugar levels are at a high level, but not high enough to be considered type 2 diabetes, which is the most common type of diabetes.

Diabetes can present itself in an array of symptoms depending on the type of diabetes. Such symptoms are:

- frequent urination
- abnormal hunger
- abnormal thirst
- blurry vision
- unexpected weight loss
- fatigue
- very dry skin
- tingling hands/feet
- slow healing sores
- more infections than normal

Sometimes, symptoms may not be very noticeable. There are different types of diabetes. Type 1 diabetes presents its symptoms fast and intensely. Type 2 diabetes presents its symptoms slowly and may not be very noticeable. Gestational diabetes may present itself during the duration of a pregnancy without apparent symptoms.

Leaving diabetes untreated or unmanaged can lead to severe health complications in the future. This may include hearing/vision loss, heart attack, heart attack, and stroke.

It is important to stay on top of your blood glucose levels. If you have any concern regarding your blood glucose levels or risk for diabetes, please call our office to schedule an initial consultation.



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