

# Diabetes Control

Now that Juan's learned what diabetes is and what he needs to do to take care of it, it's time to talk about controlling it.

And Sierra has great control of her diabetes.

Sierra? You wanted to talk?

Hey! Up here!

Oh...cool!

Come on! Wanna try it?

Oh no, I couldn't...

You can and you will. It's all about balance. And control. What I wanted to talk to you about today.

Oh Sierra, I don't know...

The secret is good balance. It's how we control our diabetes.

Whooooaaahhh!!

Good balance will keep you feeling good and prevent problems from coming along. Maintaining good glucose balance is vital.

What happens if I can't keep balance?

If you begin to develop low blood sugar, that's called hypoglycemia. (hi-po-gly-see-me-uh) Signs are sweating, light headedness, getting shaky, weak, anxious...

Whoa. I'm really hungry.

That's another symptom.

And I have a headache.

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Headaches, trouble concentrating and thinking clearly are all signs. You need some sugar to get your glucose up!

Here you go. You always need to have some sugar handy, in case your blood sugar drops too low.

Oh thanks Sierra, I needed that!

But control is all about balance. Now you have to be careful to not get too much sugar. Don't eat too many of those. Maybe just five or six.

Why?

High blood sugar is called hyperglycemia (hi-per-gly-see-me-uh.) It can be just as bad.

Uh-oh.

Signs of high blood sugar are feeling thirsty - Having to pee a lot...

Oooo...

Feeling tired. And blurry or poor vision.

Sierra, I didn't know you were a twin! Or a triplet?

Whoa! Darn it!

Looks like your glucose level is too high. You need some short-acting insulin.

Whew. That's better.

Knowing your blood glucose level sure helps. You can prevent problems by either eating to get more sugar, or taking some insulin to balance out. Oh, I get it. To maintain balance, I need to monitor and adjust my blood sugar, through food and exercise and by getting enough sleep, and by using my insulin when I need to.

Right.

You are now in perfect balance.

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Come on, let's try some poses. Maintaining good balance is important.  
To all of us.

I guess I need a little more practice.

And you don't even have diabetes. But with good balance, even with diabetes, you can do anything!