

# What Can Affect Your Blood Sugar?

Now, a Health Minute.

Food isn't the only thing that affects your blood sugar.

When you have diabetes, you also need to pay attention to things like: how much you exercise, the medicines you take, your emotions, and your overall health.

For example, if you feel stressed or are sick with the flu, these situations can affect your blood sugar just as much as your food choices.

So, too, can positive situations, such as being on vacation. How? You might eat different foods or eat at different times.

Women may also notice blood sugar changes during their menstrual period.

Keeping track of how your blood sugar reacts to these kinds of things can help you see patterns.

The better you understand how your body responds to different situations, the easier it will be to manage your blood sugar.