

Diabetes: How Testing Helps You Stay In Your Range

Diabetes affects each person's blood sugar levels differently. If you're testing your blood sugar regularly, you may know all about your target blood sugar range. Or maybe you're just learning to test.

Either way, it's good to remember why knowing and staying within your target range are important. Now, you'll need to work with your doctor to set a range that's right for you. But here are the basics.

Things like what you eat and drink or being sick can cause your blood sugar to rise. Other things like activity, medicine, or skipping meals can cause your blood sugar to drop.

The trick is to learn how your body reacts to these things throughout the day, so you can stay in your target range. You want to keep your level from climbing too high or dropping too low. The way you check that is by testing.

If you test right before you eat and then again an hour or two later, you can see how that type of food raises your blood sugar level. And if you test before you exercise or take medicine, and then test again in an hour or two, you can see if the exercise or medicine helps bring your level down.

You may want to write down or save your test results. You could share them with your doctor or diabetes educator. Together, you can come up with your next steps. Your tests results can also help you know why your energy feels low— or even why you're feeling good.

And a bonus: Knowing more about your levels will help you feel your best and live better with diabetes.