

You can control the ups and downs of blood glucose!

We all have our ups and downs with balancing life. Our moods, bodies and feelings are changing all the time! Help stabilize your overall health by learning to control the ups and downs of your blood glucose (BG). Prevent diabetes from bringing you down, and if you have already been diagnosed with diabetes, keep up with the latest ways to help control it.

Type 1

The body fails to produce insulin. Typically appears during childhood.

Type 2

The body does not produce enough insulin or does not use insulin properly. Can develop at any age (may be preventable).

Gestational

Results from changes a woman's body undergoes while pregnant. Blood glucose normalizes after birth, increases risk of Type 2.

Prediabetes

Blood glucose higher than normal but not high enough to be Type 2. Increases risk of Type 2, heart disease, kidney disease and stroke. 1 in 3 adults have it.

Today, diabetes affects over 34 million Americans, 88 million adults have prediabetes, and **9 out of 10 people** with prediabetes do not know they have it. The cause of diabetes is unknown but **risk factors** for Type 2 diabetes have been identified:

- Age 45 or older
- Family history
- Race/ethnicity
- Overweight or obesity
- Sedentary lifestyle
- History of gestational diabetes
- Cardiovascular disease
- Hypertension

Know the **symptoms** of diabetes and discuss with your doctor if you are experiencing any of the following:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unexplained weight loss
- Increased fatigue
- Blurred vision
- Slow healing of sores or frequent infections
- Tingling in hands and/or feet

Blood Test Levels for Diagnosis of Diabetes and Prediabetes

	A1C (percent)*	Fasting Plasma Glucose (mg/dL)
Diabetes	6.5 or above	126 or above
Prediabetes	5.7 to 6.4	100 to 125
Normal	About 5	99 or below

* The A1C test result is an estimate of a person's average blood glucose over the past 2 to 3 months it may be used to diagnose diabetes.

Source: Adapted from American Diabetes Association. Standards of medical care in diabetes care.

Wellness Resources & Programs

St. Luke's Hospital offers a variety of wellness resources, online and in-person programs, free and low-cost screenings, and community classes. For more information about St. Luke's services, classes and events, visit stlukes-stl.com or scan QR code below.



Health & Wellness

- Community Education
314-542-4848
- Smoking Cessation
314-542-4888
- Sleep Medicine
314-205-6030
- Wound Care Center &
Hyperbaric Center
314-205-6818



Weight Management

- MyNewSelf Weight Loss Surgery
314-966-9640
- Obesity Medicine Specialist
314-205-6060
- Dietitian, group/individual:
314-205-6483



Specialty & Primary Care Physician Referral Service

314-205-6060



Heart & Vascular Institute

314-205-6801



St. Luke's Urgent Care Centers

314-205-6200



Exercise & Fitness Programs

314-205-6881



MyStLuke's Patient Portal

1-877-621-8014



Nutritional Wellness & Diabetes Center

314-205-6483



scan to visit St. Luke's
Events & Classes