

# INSULIN 101: BLOOD SUGAR

## WHY DO I NEED TO CHECK MY BLOOD SUGAR LEVEL?

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If you have diabetes, your blood sugar level can get **too low** or **too high**—insulin helps keep it in a regular range for you. If you use too much insulin, your blood sugar level can get too low. If you do not use enough insulin, your blood sugar level can get too high.

Levels that are too low or too high can **lead to serious problems**, which is why it's so important to check your blood sugar level on a regular basis. Talk with your doctor or nurse about what to do if your blood sugar level gets too low or too high.

- » Knowing your blood sugar level will help you **understand** if you need to **make changes** in your next insulin dose.
- » Knowing your blood sugar level helps you know **how well your treatment is working**. One goal of treatment is to keep your blood sugar at or near your goal level, which can prevent health problems later in life.

