



Treatment options for
type 2 Diabetes in Adolescents & Youth



Focus on Your Blood Sugar Target Range

Juan's story

Juan was testing his blood sugar 2 times a day. His blood sugars were above 150 every morning before he ate breakfast. He was also having low blood sugars, below 70, after his physical education class.

What can Juan do to bring his blood sugars into his target range?

What have you noticed that makes your blood sugars go out of range?

What can you do if your blood sugars are too high or too low?

What is your blood sugar target range goal?

How does activity affect your blood sugars?

How often do you test your blood sugars?

What can you do if your blood sugars are too high or too low?

See lesson 1 of your manual for target blood sugar levels.