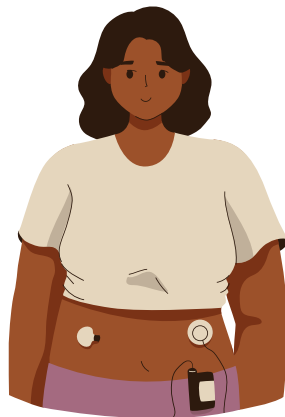


# HOW DO YOU MONITOR YOUR BLOOD SUGAR?

**Talk to your healthcare provider to discuss  
which option is best for you.**

Self-monitoring blood glucose (SMBG) allows for you to check your blood sugar levels whenever you need to [2]. A disposable glucose test strip is inserted into the SMBG device. From there a small drop of blood, typically from a finger poke, is placed on the disposable glucose test strip. Which allows the device to instantly read the users blood sugar level.

Continuous glucose monitoring (CGM) is a system that tracks blood sugar levels using fluid just below the skin [2]. The system works by inserting a sensor under the skin. To check your sugar levels, you place a reader or smartphone with the corresponding app over the sensor. Which then shows your sugar levels instantly.



## DID YOU KNOW?

Black men have a 5.3% chance of dying from diabetes complications, while White men have a 2.5% chance [1]. Similarly, Black women have a 4.8% chance compared to White women which have a 2.4% chance of dying from diabetes complications [1].

**This brochure is for  
informational purposes only  
and should not replace  
professional medical advice.  
Consult a healthcare provider  
for personalized guidance on  
blood sugar management.**



# BLOOD SUGAR MANAGEMENT

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[2] Cobbett, S.L. & Tyerman, J. (2022). Medical- surgical nursing in Canada. Fifth Edition. Elsevier Canada.

[1] Birak, C & Zafar, A. (2024). Losing a foot to diabetes is terrifying, and preventable. How doctors are trying to help.  
CBCNews. <https://www.cbc.ca/news/health/amputations-diabetes-1.7241607>

## WHAT IS DIABETES?

Diabetes is a condition when your pancreas does not produce enough Insulin (Type 2 diabetes) [3] or does not produce insulin at all (Type 1 diabetes) [3]. Insulin helps lower blood glucose levels, if there is not enough insulin your blood glucose can increase causing an imbalance.

## WHAT IS HYPERGLYCEMIA?

Hyperglycemia is a term for high blood sugar. It typically occurs when your blood sugar is more than 11 mmol/L [4].

## WHAT IS HYPOGLYCEMIA?

Hypoglycemia is a term for low blood sugar. It typically occurs when your blood sugar is less than 4 mmol/L [4].

[3] Bell, K. (2022). Diabetes in black communities. *Northwestern Medicine*. <https://www.nm.org/healthbeat/healthy-tips/nutrition/diabetes-in-the-black-community>.  
[4] Diabetes Canada. (2025). Lows and highs of blood sugar. *Diabetes Canada*. <https://diabetes.ca/resources/tools---resources/lows-and-highs-of-blood-sugar>

## SIGNS AND SYMPTOMS OF HYPERGLYCEMIA

Common signs and symptoms of hyperglycaemia include [5]:

- feeling tired
- increase in urination
- increase in thirst
- excessive hunger
- dry mouth
- weight loss
- blurred vision



## SIGNS AND SYMPTOMS OF HYPOGLYCEMIA

Common signs and symptoms of hypoglycemia include [6]:

- hunger
- confusion, not thinking clearly
- anxious, irritated
- lightheaded
- nausea
- increase in heart rate

[5] Yale medicine. (2025). Hyperglycemia: symptoms, causes, and treatments. *Yale medicine*. <https://www.yalemedicine.org/conditions/hyperglycemia-symptoms-causes-treatments>  
[6] Diabetes Canada. (2025). Lows and highs of blood sugar. *Diabetes Canada*. <https://diabetes.ca/resources/tools---resources/lows-and-highs-of-blood-sugar>

## WHAT DO I DO IF MY BLOOD SUGAR IS TOO HIGH OR TOO LOW?

If experiencing **hyperglycemia**, please seek medical attention through your primary healthcare provider.

Some treatments you should be discussing with your healthcare provider include [5]:

- medication/ insulin adjustment
- dietary modifications
- increase in physical activity

If experiencing **hypoglycemia** please seek medical attention immediately.

Steps to follow include [6]:

1. Check blood sugar. If your blood sugar is less than 2.8 mmol/L call for help.
2. Consume 15 grams of a fast-acting carbohydrate.  
Fast-acting carbohydrates include: 1 tablespoon of sugar, 2/3 cups of juice or pop, 1 tablespoon of honey or a 15 gram glucose tablet.
3. Wait 15 minutes.
4. Recheck your blood sugar.
5. Repeat steps until blood sugar is above 4 mmol/L.