

Athletes with diabetes will have one of two ways to administer a blood sugar check.

1. Glucometer

- Uses a finger prick from the tip of any finger to measure the amount of sugar in a small sample of blood

2. A continuous glucose monitor (CGM)

- Utilizes a sensor inserted under the skin to measure your blood sugar levels roughly every 5 minutes

When to Take a Blood Sugar

- A fasting blood sugar which typically occurs when you first wake up before you eat or drink anything.
- Before you eat
- 2 hours after you eat
- Before bed
- Before and after you perform physical activity

Blood Sugar Targets

- Before you eat: 80 to 130 mg/dL
- Two hours after a meal: 180 mg/dL

These are typical numbers determined by the CDC. Your athletes' targets may vary depending on their age and additional health problems that may be contributing factors to their blood sugar numbers

STEPS TO TREATING HIGH BLOOD SUGAR

It is important to always make sure your athlete has their diabetes supplies at practice and at competitions.

If you suspect your athlete is displaying signs of a high blood sugar it is necessary to follow these steps:

1. Increase exercise. Regular exercise can help keep blood sugar levels in an appropriate target range.
2. Take medication and insulin as instructed.
3. Follow an appropriate meal plan
4. Ensure that your athlete is checking their blood sugar routinely.
5. If you are concerned your athletes blood sugar could be too high, it is always a good idea to have them use their supplies to check their blood sugar.



QUICK GUIDE TO BLOOD SUGAR MANAGEMENT



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Low Blood Sugar Management

What is a low blood sugar?

The CDC defines a low blood sugar as anything below 70 mg/dL

This can be caused from a variety of things

- o Not eating enough
- o Taking too much insulin
- o Increased exercise

Signs of a low blood sugar:

- o Shaking
- o Sweating
- o Irritability
- o Confusion
- o Dizziness
- o Increased hunger

It is important to remember that not every athlete or individual will experience the same signs and symptoms.

It is key to understand and recognize when an athlete may be experiencing a low blood sugar



High Blood Sugar Management

What is a high blood sugar?

A high blood sugar is defined by anything over 180 mg/dL. However, it is important to remember that every athlete can have a different range therefore a "high blood sugar" is unique to each individual.

High blood sugar can be caused by a variety of things:

- o Sickness
- o Stress
- o Eating too much
- o Not taking enough insulin
- o Not taking blood sugar medication

STEPS TO TREATING LOW BLOOD SUGAR:

It is important to always make sure your athlete has their diabetes supplies at practice and at competitions.

If you suspect your athlete is displaying signs of a low blood sugar it is necessary to follow these steps:

1. Take a blood sugar using the athlete's glucometer
2. Determine if the athlete's blood sugar is low. Typically, anything below 70mg/dL unless otherwise stated by the athlete or caregiver.
3. Once the blood sugar is determined to be low, immediately consume one of the following:
 - a. Four glucose tablets
 - b. Four ounces of orange juice
 - c. Four ounces of regular soda
 - d. A determined amount of hard candy (skittles)
4. Wait 15 minutes and then re-check the athlete's blood sugar
5. Continue to follow step 3 until the blood sugar is above 70 mg/dL
6. It is important to follow up a low blood sugar with protein to ensure the athlete's blood sugar stays maintained.