

## Blood Sugar

Cholesterol can be both good and bad, so it's important to learn what cholesterol is, how it affects your health and how to manage your blood cholesterol levels. Understanding the facts about cholesterol will help you take better care of your heart and live a healthier life, reducing your risk for heart attack and stroke. To control your cholesterol, get a cholesterol screening, eat foods low in saturated fat and cholesterol, maintain a healthy weight, exercise regularly and follow all your healthcare professional's recommendations.

**Tags:** heart health, arteries, arteriosclerosis, hypertension, heart arrhythmia, high blood pressure, hypertension, blood pressure, arterial health, congestive heart failure, HDL, LDL, heart attack, stroke, arrhythmia, congenital heart disease, coronary artery disease, myocardial infarction, heart failure, ischemic heart disease, mitral valve prolapse, pulmonary stenosis, angina

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**What is the blood sugar level?** The blood sugar level is the amount of glucose (sugar) in the blood. It is also known as serum glucose level. It is expressed as millimoles per litre (mmol/l). Normally, blood glucose levels stay within narrow limits throughout the day: 4 to 8mmol/l. But they are higher after meals and usually lowest in the morning. In diabetes the blood sugar level moves outside these limits until treated. Even with good control of diabetes, the blood sugar level will still at times drift outside this normal range.

**Why control blood sugar levels?** For reasons that are not well understood, when very high levels of blood glucose are present for years, it leads to damage of the small blood vessels. This in turn increases your risk of developing late-stage diabetes complications such as: retinopathy (eye disease), nephropathy (kidney disease), neuropathy (nerve disease), cardiovascular disease, such as heart attack, hypertension, heart failure, stroke and problems caused by poor circulation, e.g. gangrene in the worst cases. With Type 1 diabetes, these complications may start to appear 10 to 15 years after diagnosis.

It's often less than 10 years after diagnosis of Type 2 diabetes, because this type of diabetes is often present for years before it is recognized. By keeping the blood sugar level stable, you significantly reduce your risk of these complications.

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**Tags:** autoimmune disease, blood sugar, cardiovascular disease, diabetes, dysglycemia, gestational diabetes, glucose, glycemic, heart attack, hyper insulinemia, hyperglycemia, hypoglycemia, hypertension, immune system, insulin, insulin dysfunction, insulin resistance, juvenile diabetes, metabolic syndrome, metabolism, metabolitis, nephropathy, neuropathy, pancreas, pancreatic insufficiency, retinopathy, serum glucose level, stroke, Syndrome X, Type 2 diabetes, Type I diabetes

**NOTE:** Any recommendations are based on general conditions and are not specific to the individual. It is strongly recommended that anyone seeking the most effective treatment do so through the specific recommendations of a licensed and qualified healthcare professional.