



# WHY IS MY SUGAR HIGHER THAN THE TARGET LEVEL?

There are a few things that might be causing your sugar to be higher than these target levels:

## YOU SHOULD KNOW:

Target sugar ranges for someone without Type 2 diabetes are:



YOUR **PANCREAS** DOES NOT MAKE ENOUGH INSULIN

YOUR **MUSCLES AND FAT** DO NOT ABSORB ENOUGH SUGAR FROM YOUR BLOOD

YOUR **LIVER** IS MAKING TOO MUCH SUGAR

YOUR **KIDNEYS** ARE NOT CORRECTLY DISPOSING OF SUGAR

YOUR **BRAIN** ISN'T TELLING YOU WHEN YOU'RE FULL



The journey is different for everyone with type 2 diabetes but your physician has many treatment options to try to get you back to target levels when diet and exercise isn't enough.

