YOU SHOULD KNOW:

Your sugar levels are affected by factors such as:

- **MEALS**
- **ACTIVITY LEVELS**
- **REST**
- **STRESS**

Insulin acts as a key. This key unlocks doors in different cells so that the cells can use or store sugar.

WITH TYPE 2 DIABETES, THESE FACTORS LEAD TO HIGHER THAN NORMAL SUGAR LEVELS:

- Your body does not produce as much insulin as it used to
- Your body does not use insulin as well as it used to
- Your body maintains too much sugar