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:

**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.

Target sugar ranges for someone without Type 2 diabetes are:

- **70–99 mg/dL** between meals
- **<140 mg/dL** after meals