

Control of Blood Sugar Levels

Why?

All living things use glucose as a source of energy and in vertebrates it is critical that blood glucose levels are consistent. If the glucose concentration in the blood gets too high, a coma could result. If the glucose concentration in the blood gets too low, the person could experience seizures, go into a coma or die. In humans, hormone levels help regulate the glucose concentration in the blood and keep us in homeostasis.

Model 1 – Hormonal Control of Glucose



- Using the graph in Model 1:
 - Identify the molecules that have relative blood concentrations shown.
 - Identify the molecule that is found in the blood at the highest concentrations.
 - Outline what happens to blood glucose levels after a meal has been eaten.
- Describe why cells need glucose.
- Compare blood glucose to the hormone levels shown in the graph in Model 1:
 - As blood glucose levels increase above baseline, the level of which hormone also increases?
 - As blood glucose levels begin to drop below baseline, the concentration of which hormone increases?
 - As blood glucose returns to its baseline level, what happens to the levels of insulin and glucagon in the blood?

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I Am in Control! Anna Wodehouse,2019-06-10 I am in control Blood Glucose Log Book provides a whole year 53 weeks of recording and monitoring blood sugar levels and makes it easier for a person to be in control of their diabetes and blood sugar levels Blood Pressure Sugar Control Log Presley Zamora,2020-06-21 Blood Pressure Sugar Control Log This 2 in 1 Simple Blood Glucose Log Book Small and Blood Pressure Log Book Pocket Size is perfect to record track daily and weekly blood sugar levels insulin blood pressure and Pulse In the interior of this Weekly Diabetes Record Notebook you can find Week of Weight Date Blood Sugar Meal Breakfast Lunch Dinner Bedtime Before After Blood Pressure Time Systolic Diastolic Pulse Important Contacts Space for Notes at the Back Please Use The Look Inside Feature To View More Details In The Interior Features 109 Pages Printed On White Paper Large Size Pages 6 x 9 inches 15 24 cm x 22 86 cm Soft and Durable Cover Matte Finish Grab Your Blood Pressure Sugar Control Log Today Simple Blood Glucose Log Book Small Blood Pressure Log Book Pocket Size Daily Weekly Diabetes Record Notebook BP Pulse Record Health BP and Heart Rate Record Sugar Monitoring Tracking Levels Blood Sugar Cassian Pereira,AI,2025-03-12 Blood Sugar explores the critical relationship between aging and glucose metabolism highlighting how blood sugar regulation changes over time increasing the risk of type 2 diabetes and impacting overall health The book emphasizes that while age related changes are inevitable proactive lifestyle choices can significantly minimize their impact For instance did you know that stable glucose levels are crucial for preserving cognitive function and maintaining energy as you age Or that insulin resistance a common age related issue can be mitigated through specific dietary and exercise interventions The book adopts an evidence based approach offering accessible information and actionable strategies for managing blood sugar through dietary interventions exercise and stress management It begins by establishing a foundational understanding of glucose metabolism then methodically explores factors contributing to age related glucose dysregulation such as decreased insulin sensitivity and hormonal changes A significant portion focuses on practical dietary strategies and the importance of regular physical activity providing guidance on meal planning carbohydrate management and different types of exercise Ultimately Blood Sugar empowers readers to take control of their metabolic health By understanding the interplay between aging and glucose levels individuals can adopt proactive strategies to reduce their risk of diabetes and related complications promoting longevity and overall well being

Do Your Level Best ,2000 **Diabetes Log Book** Aramora Journals,2019-09-06 Perfect Diabetes Log Book makes it easy to track your blood sugar readings every day Also includes a motivational coloring page each week to help keep things fun Includes space for blood sugar readings insulin doses activity minutes and grams of carbs eaten for breakfasts lunches dinners snacks and bedtime This journal is great for anyone who needs to keep their blood sugar levels under control Journal is undated so you can start anytime Track all your blood sugar readings Track your insulin usage Helps keep your blood sugar levels under control Includes space for notes for your doctor Includes a motivational coloring page each week 6 x 9

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