

DAILY BLOOD SUGAR TRACKING

Jacob and Christopher are brothers. Jacob is 18 years old and Christopher is 16 years old. Christopher has just been diagnosed with type 1 diabetes. Type 1 diabetes is an autoimmune disorder, which means that the body has started to shut down the beta cells of the pancreas. The beta cells produce insulin, which helps sugar to enter cells. Jacob does not have diabetes.

Without insulin, the sugar cannot get into the cells and starts to build up in the bloodstream. It is normal for sugar levels to rise and fall throughout the day. Normal levels are between 70mg/dL and 140 mg/dL. (Milligrams per deciliter is a unit of measurement for blood sugar.)

Jacob and Christopher agreed to track their blood sugar levels for a whole day. Use the table of information to create a graph for each brother. Then answer the questions below. Use a different color for each brother and create two lines on the graph.

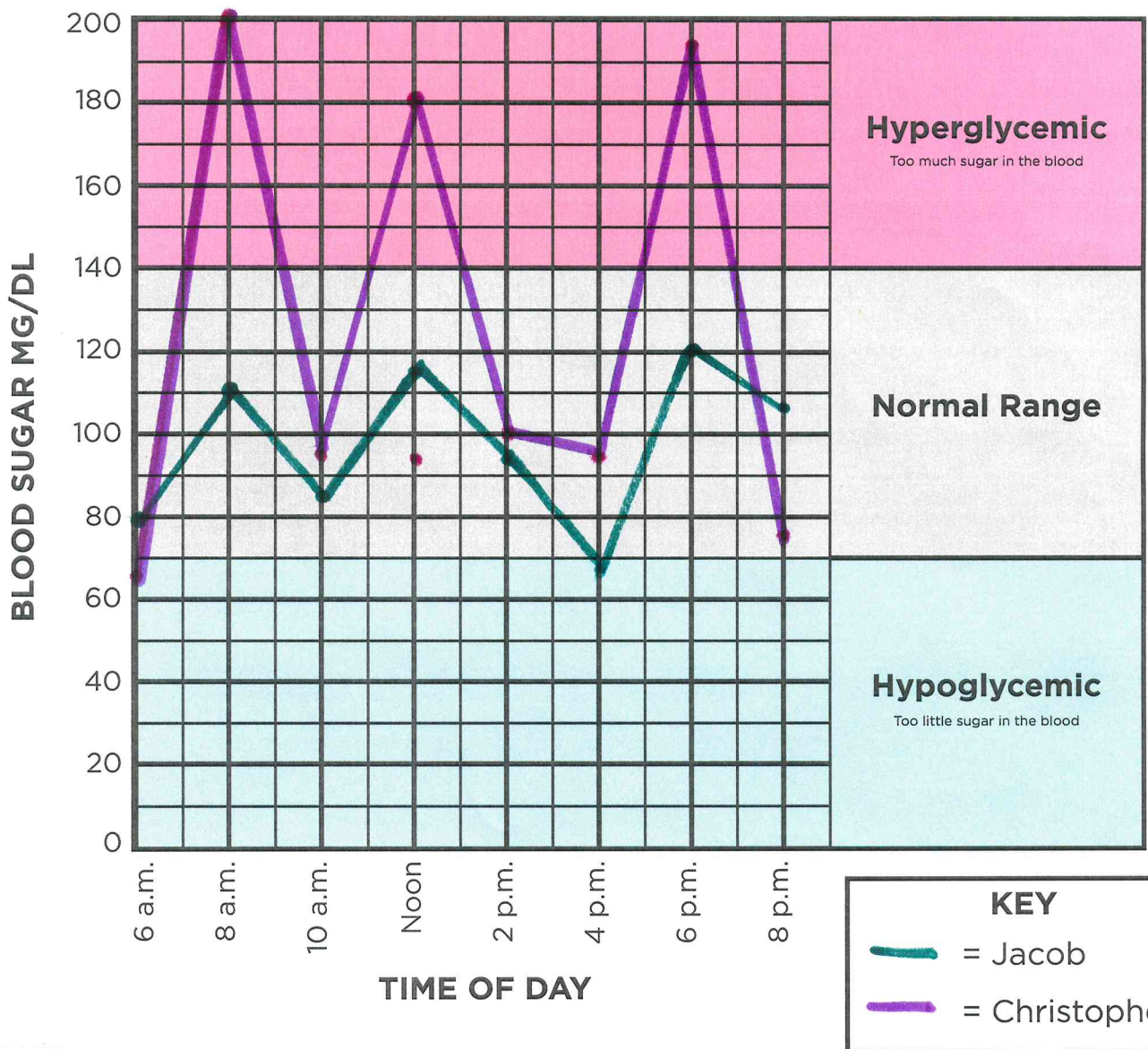


Jacob

Time	Blood Sugar (mg/dL)
6 a.m.	80
8 a.m.	110
10 a.m.	85
Noon	115
2 p.m.	93
4 p.m.	74
6 p.m.	120
8 p.m.	106

Christopher

Time	Blood Sugar (mg/dL)
6 a.m.	65
8 a.m.	200
10 a.m.	92
Noon	180
2 p.m.	100
4 p.m.	95
6 p.m.	195
8 p.m.	75



Answer the questions about the graph.

1. How much higher was Christopher's blood sugar than Jacob's at 8 a.m.?

___ Christopher was 80 points higher than Jacob at 8am. ___

2. Why do you think Christopher's blood sugar was so high at 8 a.m.?

___ That is right after breakfast so all the sugar from his breakfast went into his
_ bloodstream.

3. Christopher took insulin at 8:30 a.m.

What did that do to the amount of sugar in his blood?

___ The insulin helped bring his blood sugar back into the normal range. It
_ dropped by 108mg/dL.

4. Christopher's blood sugar went up between 4 p.m. and 6 p.m.

How much did it go up by?

Christopher's blood sugar went from 95mg/dL to 195mg/dL. This is a change of
100mg/dL.

5. What is the difference between Jacob's highest and lowest

blood sugar during the day? _____ Jacob's highest was 120mg/dL at 6pm. His
lowest was 74mg/dL at 4pm. The difference between those is 46mg/dL.
