

**ETHIOPIAN LANGUAGE:**

**Questions:**

1. What is the meaning of "blood sugar"?
2. What is the role of insulin?

**Table:**

<table>
<thead>
<tr>
<th>Type</th>
<th>Value</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**Additional Information:**

- **HARBORVIEW MEDICAL CENTER**
- **Testing your blood sugar**
- **Tigrigna/English**
- **Translated Diabetes Project, 731-3000**

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**ETHIOPIAN LANGUAGE:**

**Questions:**

1. What is the role of insulin?
2. How does it help in the body?
3. What is the importance of blood sugar control?

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**Questions:**

1. What is the role of insulin?
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3. What is the importance of blood sugar control?
Testing Your Blood Sugar

Why should I test my blood sugar level?
If your blood sugar is too low or too high, it can make you sick or cause other problems.

When should I test my blood sugar level?
Your doctor will help you decide the best times to check your blood sugar. You can write those times in the spaces below.

I will check my blood sugar at:

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

You should also check you blood sugar whenever you:
- Have a change in medication, diet, or activity.
- Are sick or have lots of stress.
- You feel like your blood sugar is too high or too low.

How do I test my blood sugar level?
- Your doctor will prescribe a glucose meter for you to use for testing your blood sugar.
- One of the clinic staff will show you how to use it.
- Bring your meter and medicines with you each time you come to clinic.

Questions to ask your doctor:
- What blood sugar level is too low for me?
- What blood sugar level is too high for me?
- When do I need to call the clinic?
- What is my target (goal) blood sugar range?