



Blood sugar levels: what's normal, what's not and how to measure them



We all want to keep track of our health in every way we can -- you may [weigh yourself](#) daily, measure your [waist-to-hip ratio](#), keep track of your [blood pressure](#) or monitor your [resting heart rate](#). But how close of an eye do you keep on your blood sugar?

People with diabetes are all too familiar with their blood sugar levels, but the rest of us might not even think about them. However, consistently high blood sugar levels can coexist with [Type 2 diabetes](#) and cause serious health conditions like kidney disease, nerve problems or stroke.

Follow the Link To Know more how you can take steps for Diabetes prevention & Cure

[Take Action Now!!](#)