



Diabetes: What Is Blood Sugar Dysregulation?

Diabetes develops gradually through years of worsening insulin resistance. Blood sugar abnormalities appear late in the disease process. Long before diagnosis, metabolic damage is already occurring. Early recognition changes outcomes.

After eating carbohydrates, glucose enters the bloodstream and insulin signals cells to absorb it. When cells resist insulin, the pancreas produces more insulin to compensate. This chronic hyperinsulinemia drives fat storage, inflammation, and vascular damage.

Lab clues include rising A1C, elevated fasting insulin, high triglycerides, and increasing waist circumference even with normal fasting glucose.

Without intervention, insulin resistance progresses to diabetes, increasing risk for heart disease, nerve damage, kidney failure, and vision loss.

01 FOR EXAMPLE 45-year-old has normal fasting glucose but an A1C of 5.9 and constant fatigue. They are told they “don’t have diabetes yet.” Over time, weight and blood pressure increase. Early lifestyle intervention stabilizes labs and prevents progression.

02 Try This Today

- **Measure:** Note energy and hunger 1–2 hours after meals!
- **Do:** Pair carbohydrates with protein today
- **Reflect:** Ask whether glucose control is proactive or reactive

Select a plan:
<https://tinyurl.com/healthyu-amaze>

