

Know Your Numbers After 40

Five numbers that show how your body is handling sugar, the other hormone story behind midlife fatigue, cravings and weight. Bring this page to your next checkup and fill it in.

THE NUMBER	WHAT IT TELLS YOU	GENERAL TARGET*	MY NUMBER
Fasting blood sugar	Sugar in your blood after an overnight fast.	Under 100 mg/dL 100–125 = prediabetes range	
A1C	Your average blood sugar over about 3 months.	Under 5.7% 5.7–6.4% = prediabetes range	
Blood pressure	Often climbs alongside insulin resistance and stress.	Under 120/80	
Waist	Belly fat is closely tied to how you handle sugar. Measure at your belly button.	Under 35 inches	
Triglycerides & HDL	Blood fats that shift early when insulin isn't working well.	Triglycerides under 150 HDL 50 or higher mg/dL	

Signs worth mentioning

- ☐ The 3 p.m. crash
- ☐ New or stronger sugar cravings
- ☐ Weight settling around the middle
- ☐ Waking in the night, tired in the morning
- ☐ Hungry again soon after eating

Ask your provider

1. Which of my numbers is trending up since last time?
2. Would a fasting insulin test help me?
3. What target is right for me, and when should I recheck?

Want to bring these numbers back to steady?

The 8-Week Blood Sugar Reset: live, small-group, nurse-facilitated.

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*General adult reference ranges (ADA, AHA, NIH). Your provider may set different targets for you. Educational only, not medical advice.