

Blood Glucose Monitoring and Diabetes

The importance of monitoring



This TRUEinsight™ guide provides useful information about blood glucose monitoring. It will help you learn how to:

- Choose a blood glucose monitor that is right for you
- Determine your target blood glucose goals
- Determine how often you should test
- Review your results with your diabetes healthcare professional to determine if adjustments need to be made to your diabetes management

Choosing the right meter

Most blood glucose monitors are similar in performance, but vary in specific features such as size of visual display, test time, calibration/coding procedure, amount of blood required and data management. People with diabetes select monitors based on their individualized needs, ease of use, and cost.



Before selecting a blood glucose monitor, ask yourself a few questions:

- Is the monitor easy to use?
- Are the numbers on the display easy to read?
- Are the monitor and test strips easy to handle?
- Are the strips packaged in an easy-to-open strip vial?
- What type of battery does the meter require?
- Does the monitor have adequate memory?
- Can you upload your meter results to a computer?
- Is there a toll-free customer support phone number available?
- Are the test strips affordable?
- Is there a lifetime warranty for the meter if it breaks?



Determining your target blood glucose goals

Example

	LOW	NORMAL	ABOVE NORMAL	HIGH
BEFORE MEAL mg/dL	below 70	70 to 130	130 to 180	above 180
AFTER MEAL mg/dL	below 70	70 to 130	130 to 180	above 250

The more you know about diabetes, the better you will be able to take care of yourself. As you meet with your diabetes healthcare team, you will work together to determine the target range for blood glucose levels and how frequently you

should monitor. Your target range is individualized based on your type of diabetes, current blood glucose levels and overall treatment plan.

At first it may seem overwhelming to always keep your blood glucose levels in your target range. As you continue monitoring, you will learn to identify patterns in your glucose results and to develop problem solving skills as to why these patterns are occurring. Remember, the goal of blood glucose monitoring is to have the majority of your blood glucose readings within your target range. This will help to delay or prevent the occurrence of the complications of diabetes.

Determining how often you should test

You and your healthcare team will work together to determine how often you should monitor your blood glucose levels. Frequency of monitoring is individualized and depends on the type of diabetes and the treatment regimen. A recent consensus of healthcare professionals made these recommendations.

	Treatment	Frequency
Type 1 diabetes	Insulin regimens	Three or more times a day
Type 2 diabetes	Insulin plus oral pills	Three to four times a day
	Oral medication	Test as often as necessary to meet your target goals

If you are newly diagnosed and are taking diabetes medications, then your healthcare professional may recommend that you test more frequently so you can evaluate whether your diabetes management is working to normalize your blood glucose levels.

Whether you are monitoring three or four times a day, it is good practice to vary your monitoring schedule. This gives you a more complete picture of your blood glucose levels at different times per day and during different situations. The more frequently you monitor, the more information you will have to review with your healthcare professional.

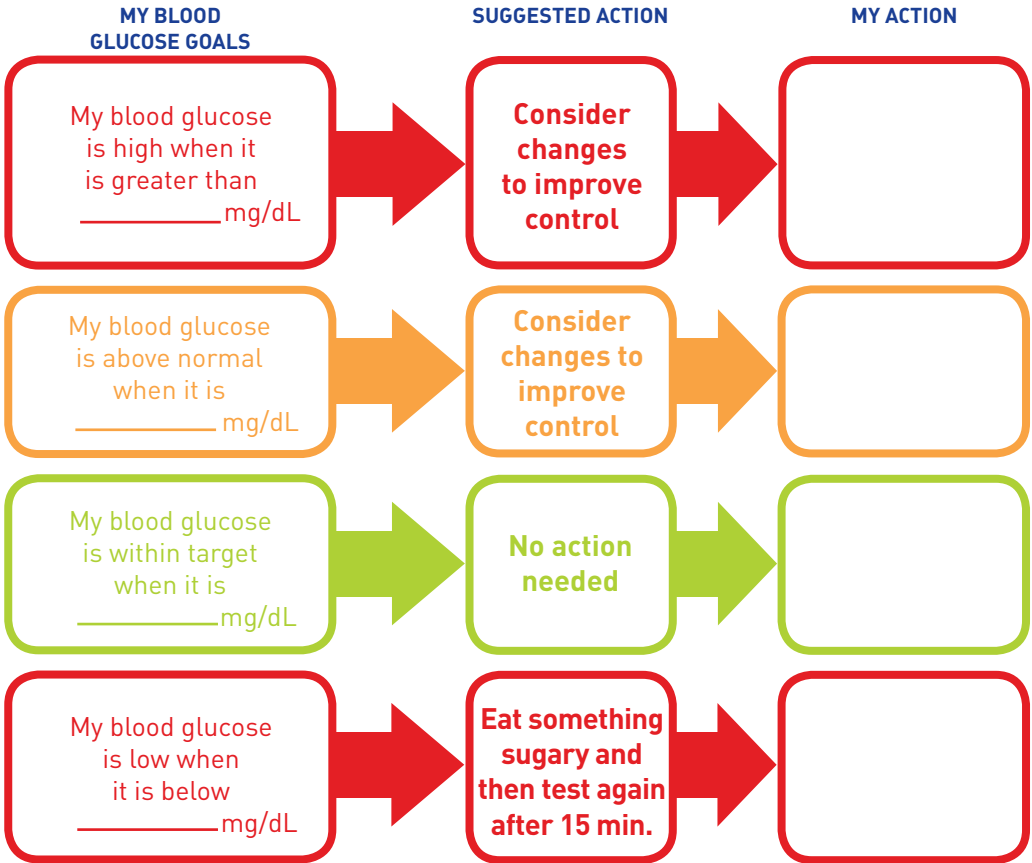


Agree how often you should monitor your blood glucose with your healthcare team. Fill out your testing schedule below.

Day of Week	Example of Testing Schedule	My Testing Schedule
Sunday	Before breakfast and dinner	
Monday	Before breakfast; two hours after lunch	
Tuesday	Before breakfast; two hours after lunch	
Wednesday	Before breakfast; two hours after lunch	
Thursday	Before breakfast; two hours after lunch	
Friday	Before breakfast; two hours after lunch	
Saturday	Before breakfast, lunch and dinner	



Understanding your results



Review your log book to identify specific patterns in your blood glucose results. If you notice a pattern of high or low blood glucose results, discuss these with your healthcare professional. Together, you and your healthcare professional can review your diet, exercise and medication regimen to determine the cause of these high or low glucose results. Illness and stress can affect your blood glucose levels. When documenting your blood glucose results in your log book, make a note if you are sick or feeling stressed. Blood glucose monitoring provides you with useful information to help you feel your best, so you can live a healthy and active lifestyle.

There's no point in testing unless you understand the results!

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National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse

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www.niddk.nih.gov

Juvenile Diabetes Research Foundation International

1-800-533-2873
www.jdrf.org

Home Diagnostics, Inc.
www.homediagnostics.com

Information contained in this brochure was sourced through:

American Diabetes Association, Resource Guide 2008; Diabetes Forecast, January 2008, pg. RG 11-14.

American Diabetes Association Standards of Medical Care in Diabetes, Diabetes Care, January 2008, pgs. S2-S54.

Life with Diabetes: A Series of Teaching Outlines, 2nd edition by the Michigan Diabetes Research and Training Center; lead authors Martha M. Funnell, M.S., R.N., C.D.E.; Marilyn S. Arnold, M.S., R.D., C.D.E.; Patricia A. Barr, B.S.; Andrea Lasichak, M.S., R.D., C.D.E.; 2000 by American Diabetes Association.

