

# MyCARE

With me, every step of the way



“ **SELF-MONITORING OF  
BLOOD GLUCOSE (SMBG)  
or CONTINUOUS GLUCOSE  
MONITORING SYSTEM  
(CGMS) is important in  
TYPE 1 DIABETES** ”

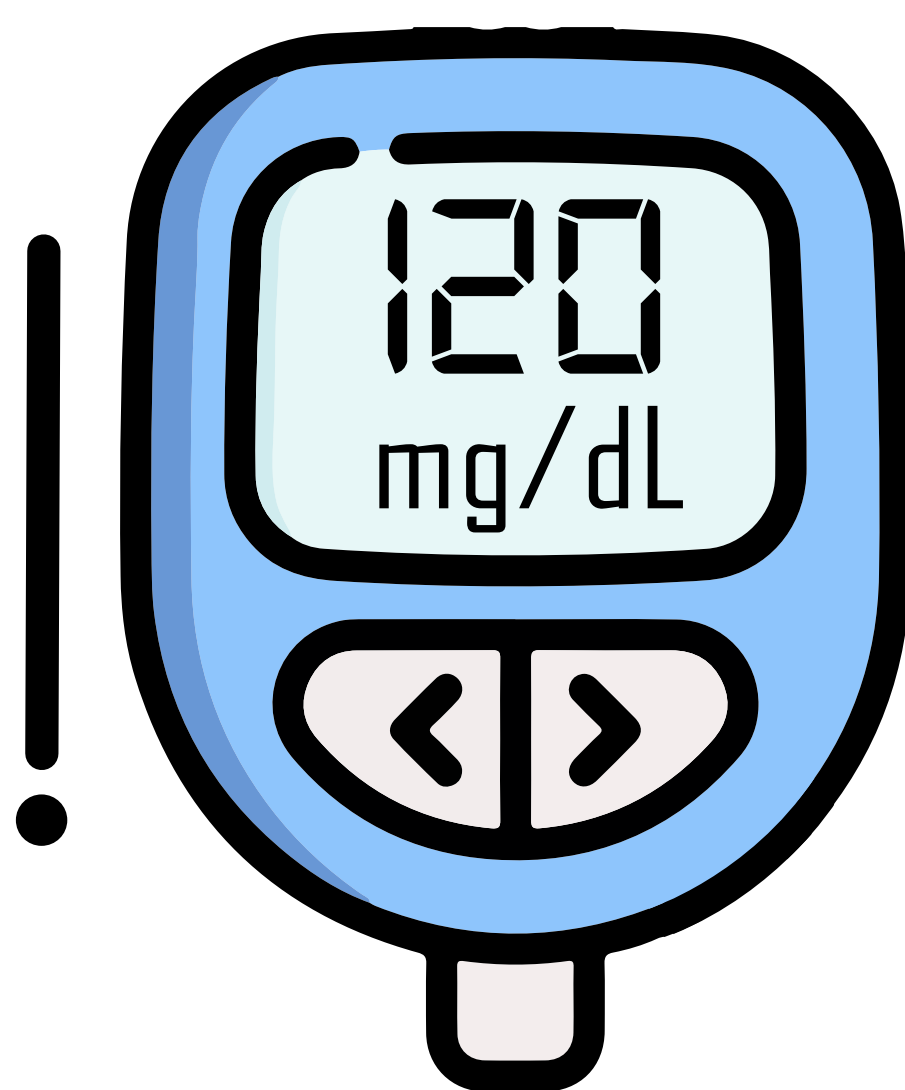


**THEY HELP YOU AND YOUR DOCTOR** understand the impact of meals, exercise, medication, Insulin and other aspects like stress, illness, sleep and menses on your blood glucose levels.

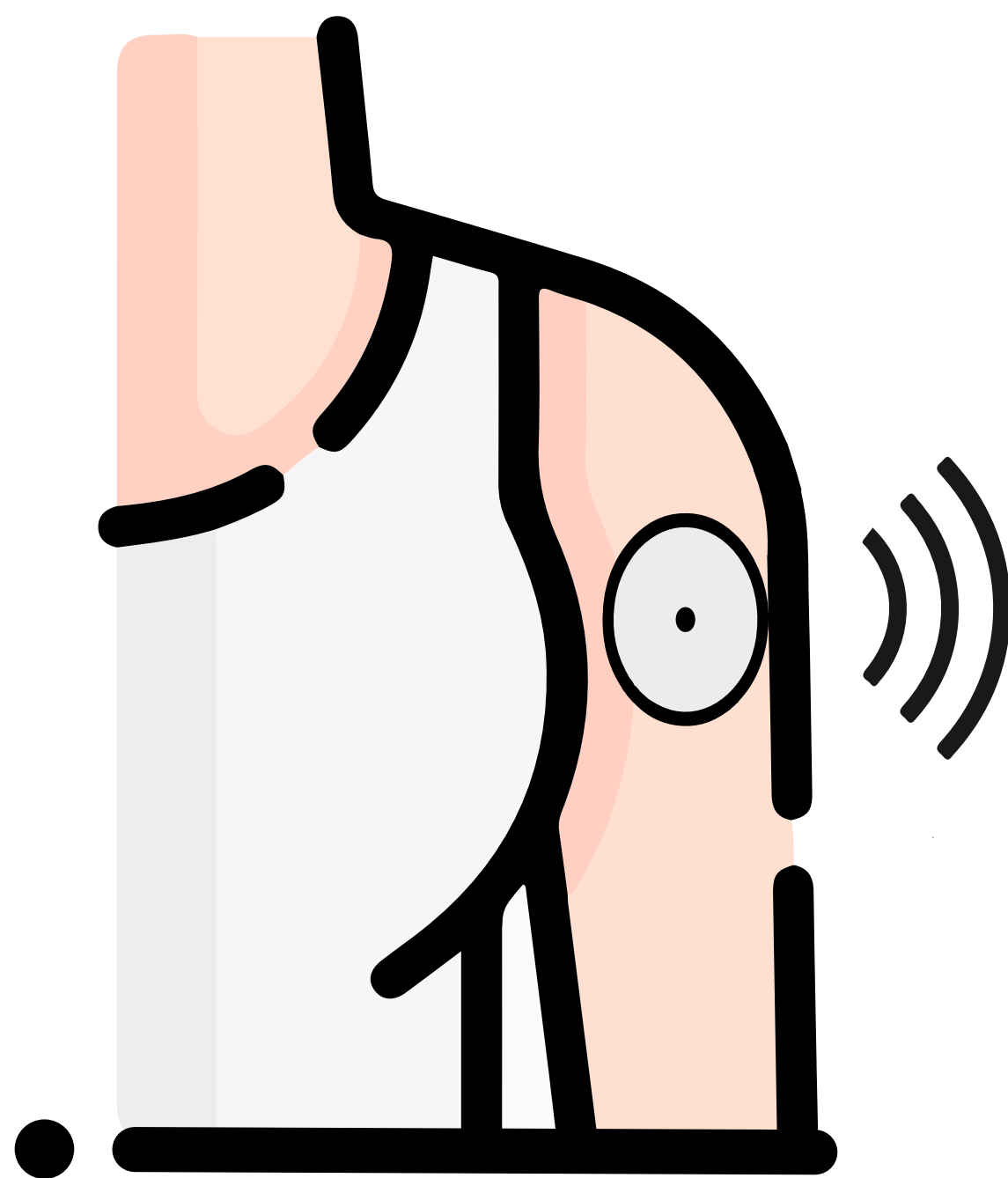


# **SMBG REFERS TO HOME BLOOD GLUCOSE TESTING**

through the use of a glucose monitoring device.

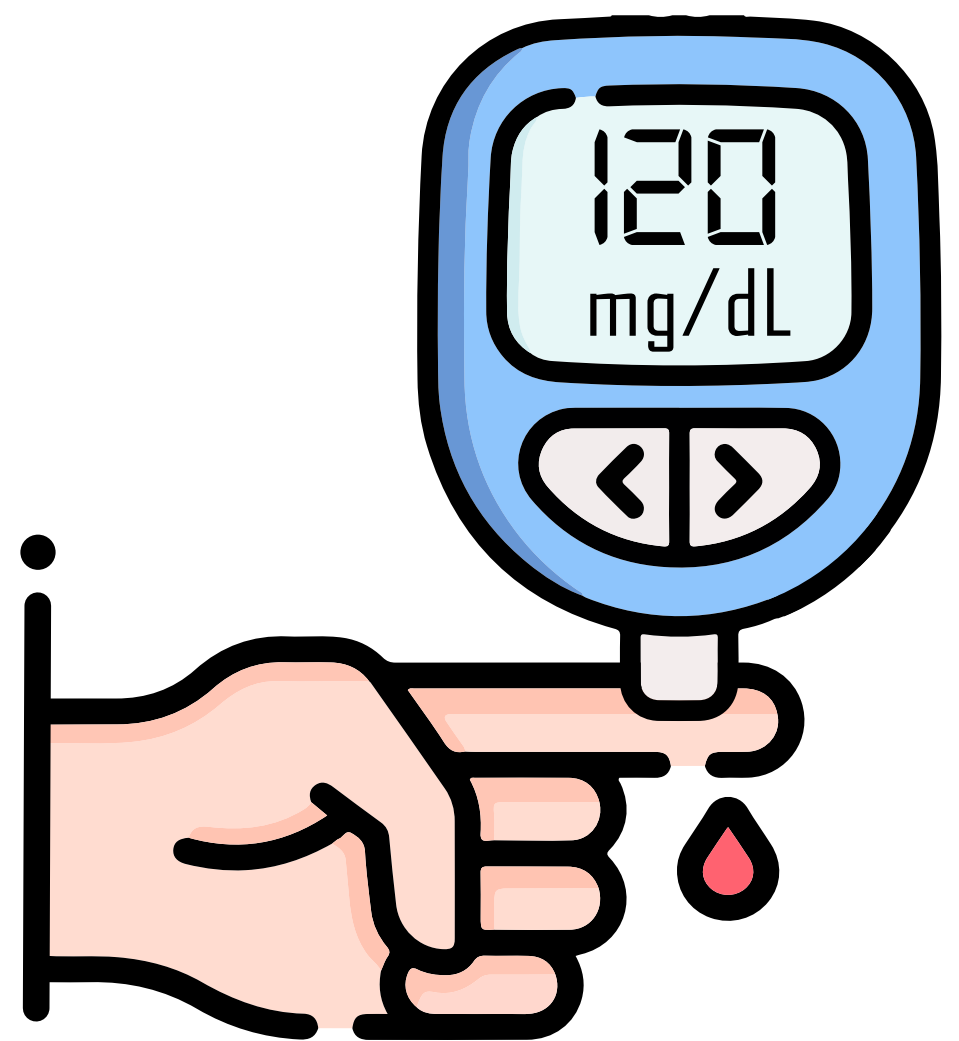


**CGMS AUTOMATICALLY  
TRACKS BLOOD GLUCOSE  
LEVELS** through a tiny sensor  
inserted under your skin,  
usually on the belly or arm.



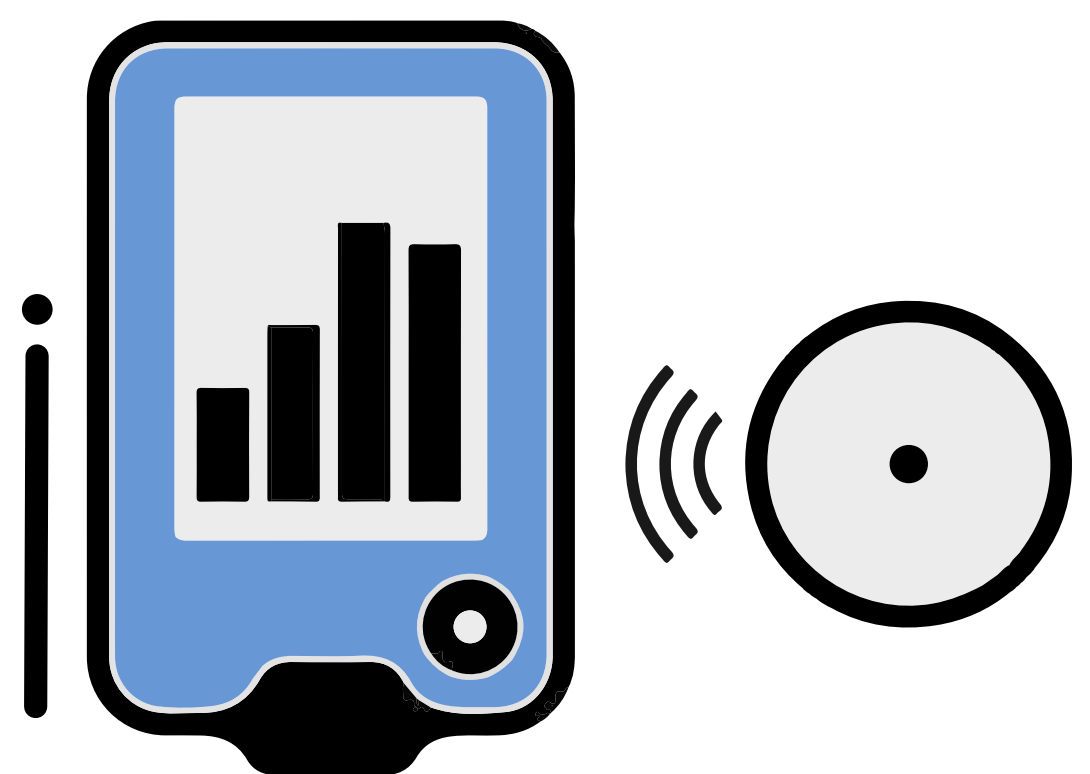
## **SMBG MEASURES**

your capillary  
(blood vessel)  
glucose levels.

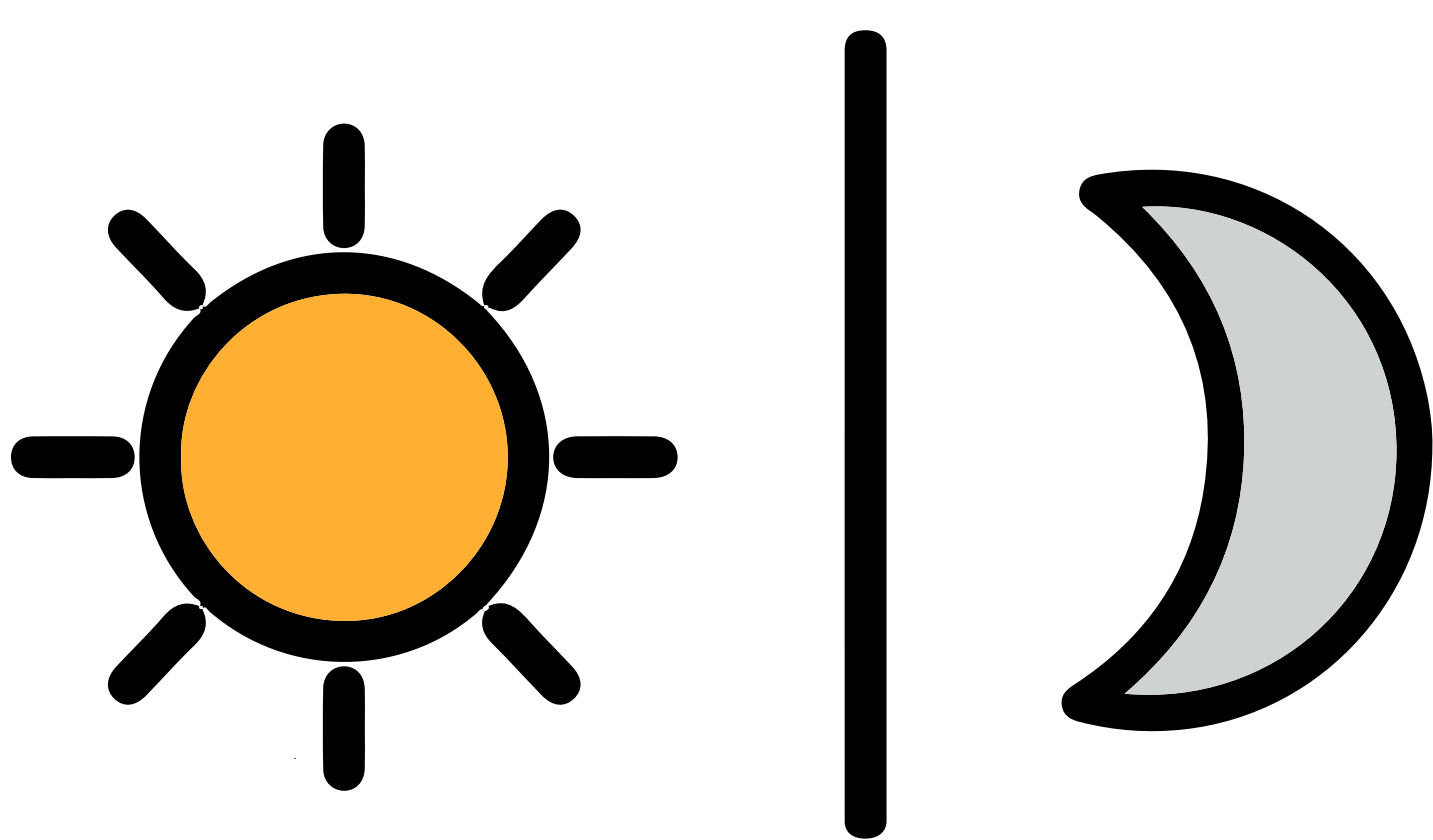


## **CGMS SENSOR MEASURES**

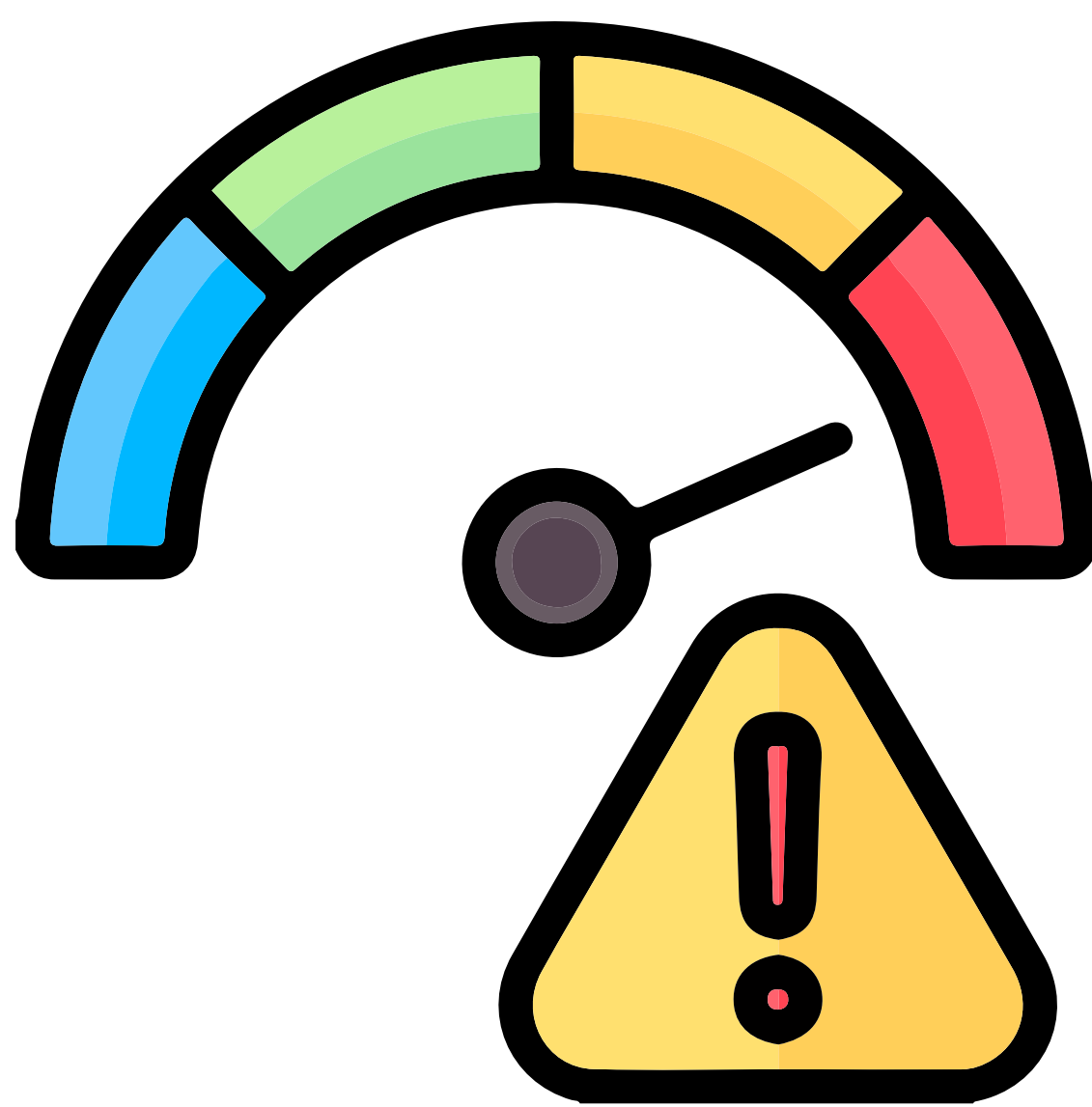
your interstitial  
glucose level,  
which is found  
in the fluid  
between the  
body cells.



With the help of CGMS, **YOU CAN SEE YOUR GLUCOSE READINGS ANYTIME IN THE DAY** or also analyse the trends of glucose patterns in an entire day over a period of 7 or 14 days.

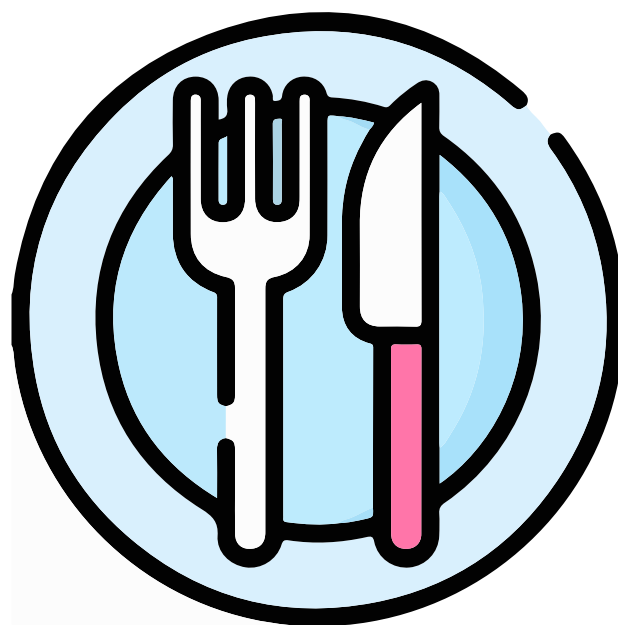
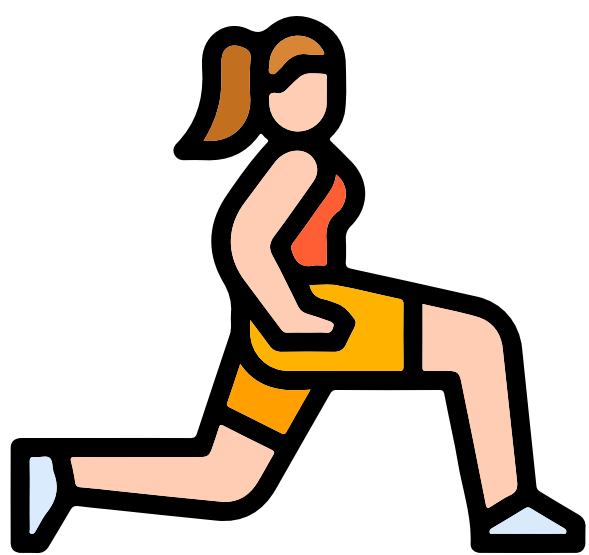
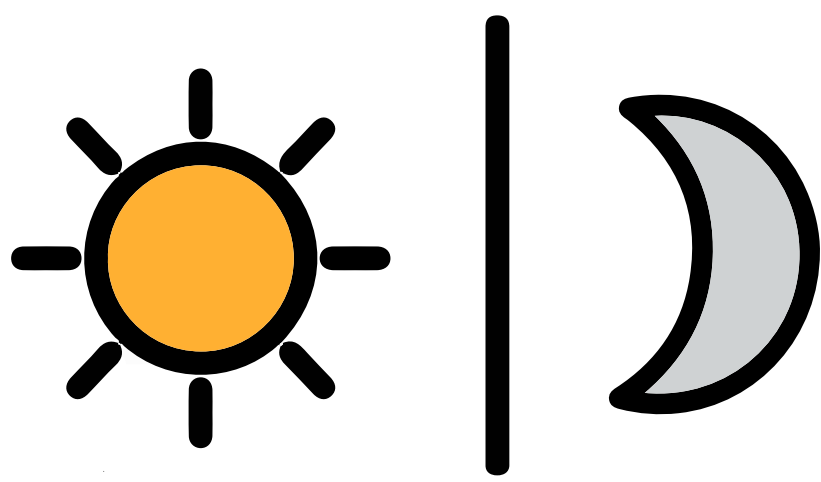


**THESE TOOLS ARE LIKE  
THE SPEEDOMETER OF A  
CAR** which shows you the  
current speed and guides  
you on the speed that you  
should be driving at to  
prevent an accident.





Regular monitoring at different times of the day and night will help you **UNDERSTAND HOW WELL YOUR DIET, EXERCISE, OR MEDICATION/INSULIN ARE WORKING** or if you need to make changes.





**SHARING THE LOG BOOK  
OF YOUR BLOOD GLUCOSE  
READINGS** or the blood  
glucose trends of CGMS with  
the doctor, dietitian and  
**MyCARE** Diabetes educator  
will help them make  
informed decisions with  
respect to your lifestyle,  
Insulin type and dose.



**NOTE:** This will help you achieve the desired glucose control



# **BLOOD GLUCOSE TARGETS**



**FASTING/PRE-PRANDIAL  
(PRE-MEALS) BLOOD**

**GLUCOSE:** 80–130 mg/dL

**POSTPRANDIAL BLOOD  
GLUCOSE (2 HRS AFTER A  
MEAL):** <180 mg/dL

**HbA1C:** <7%



For those using CGMS, **THE DESIRED TARGET FOR THE TIME IN RANGE FOR MOST PEOPLE WITH TYPE 1 DIABETES IS 70%. (70-180 mg/dL).**

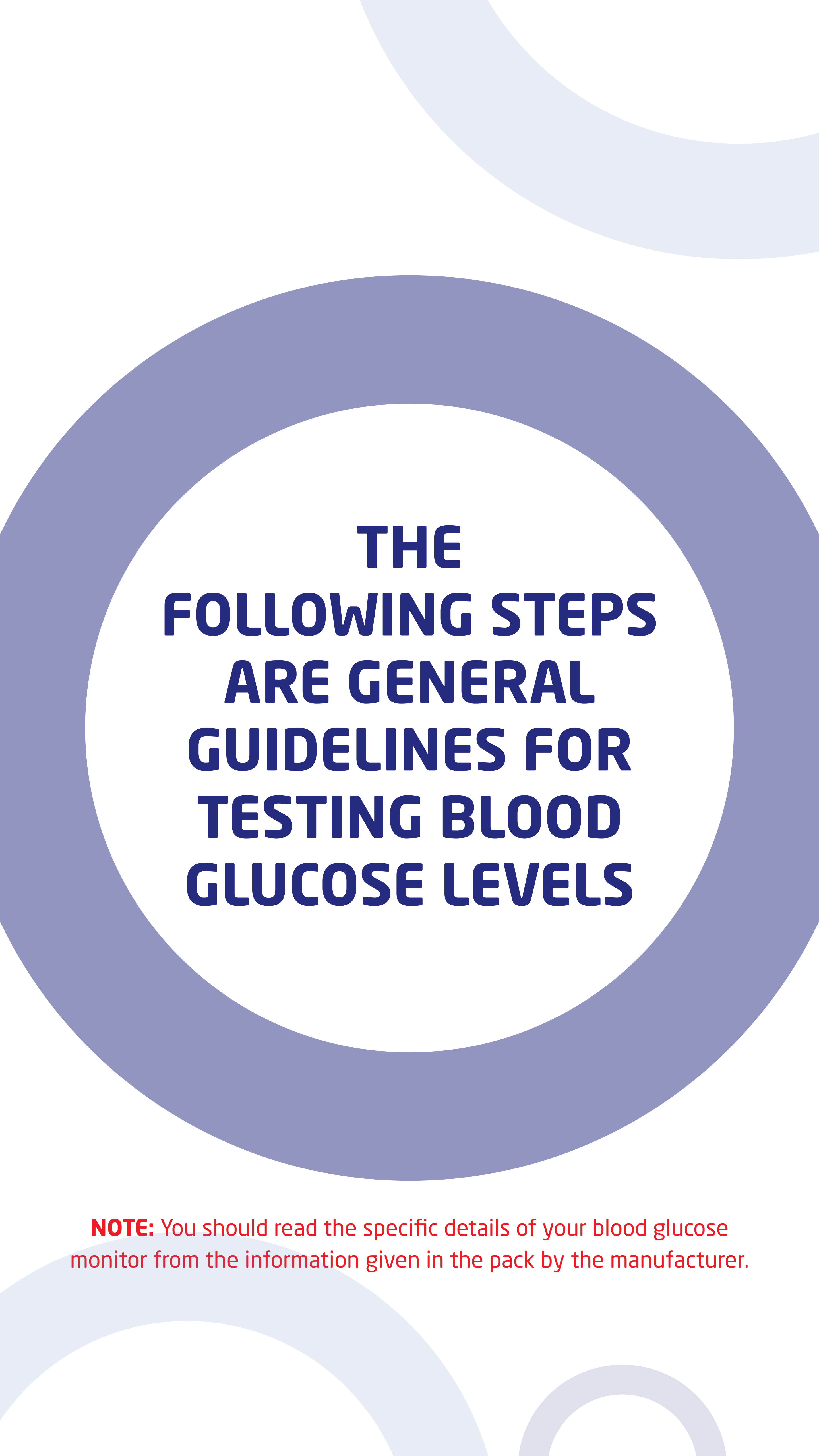


**NOTE:** Hypoglycemic episodes in children must be minimum and should be kept below 4% (<70mg/dL). Depending on your age, any problems, and other circumstances, your target ranges may vary.

# KNOWING YOUR BLOOD GLUCOSE TARGETS IS IMPORTANT.

Consult with your doctor or **MyCARE** Diabetes educator about establishing suitable target ranges and developing a regular, precise blood glucose testing routine that works for you.

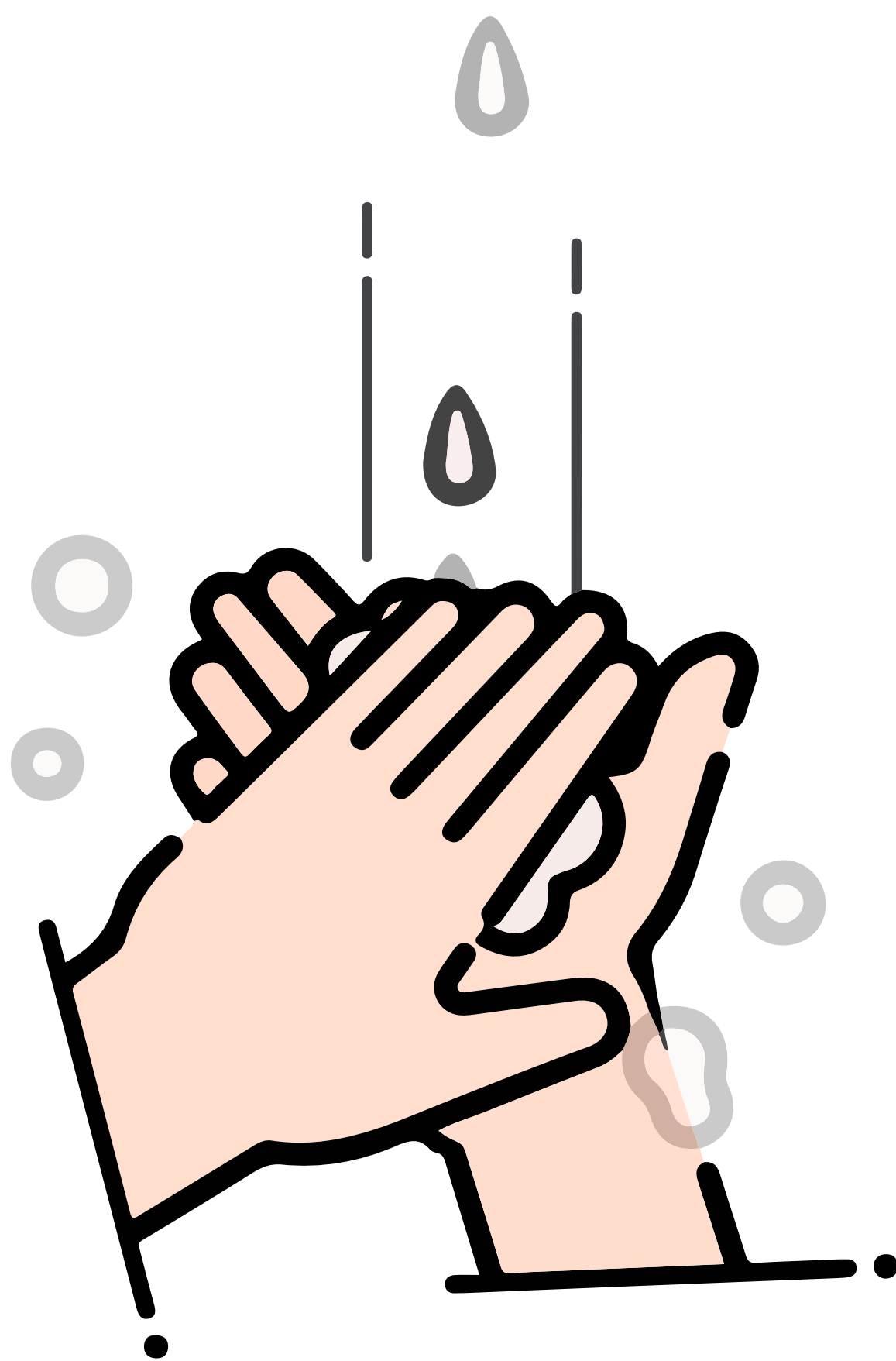




# THE FOLLOWING STEPS ARE GENERAL GUIDELINES FOR TESTING BLOOD GLUCOSE LEVELS

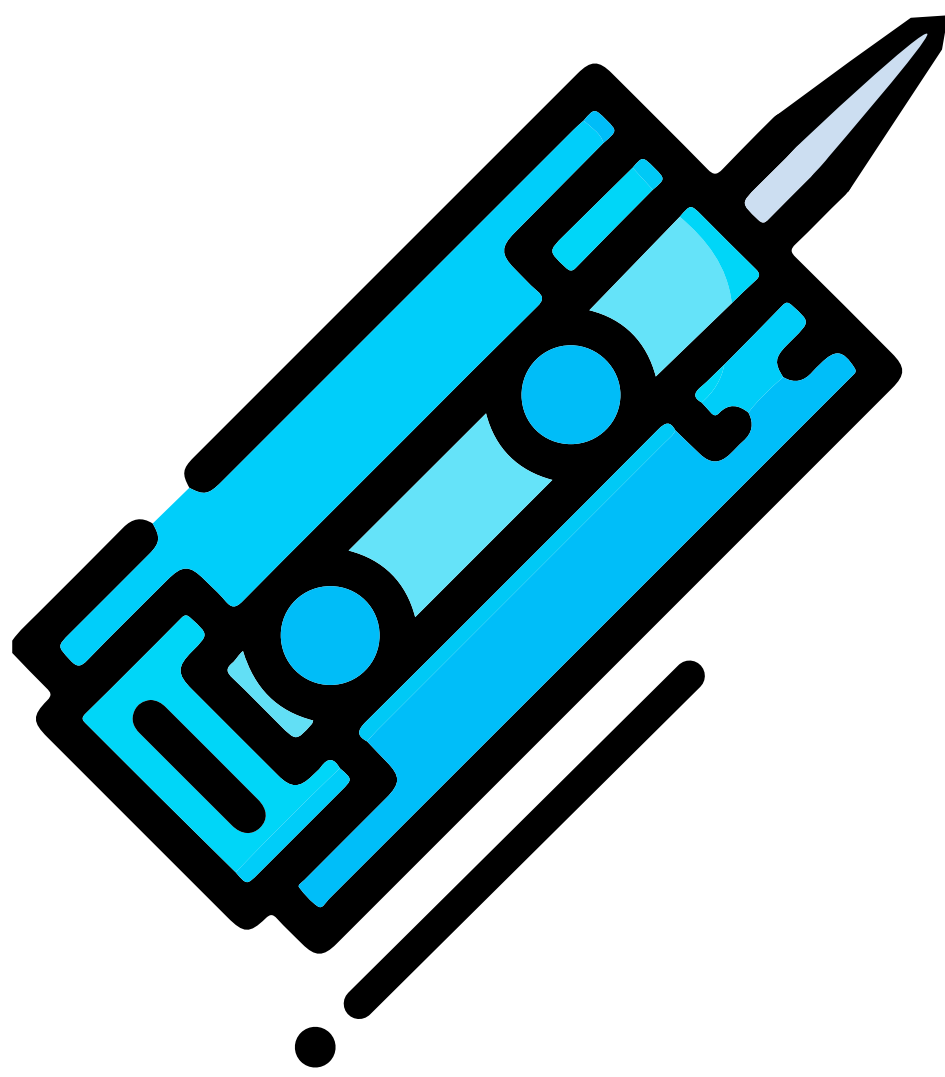
**NOTE:** You should read the specific details of your blood glucose monitor from the information given in the pack by the manufacturer.

**WASH HANDS WITH  
SOAP** and warm water.  
Dry hands well.



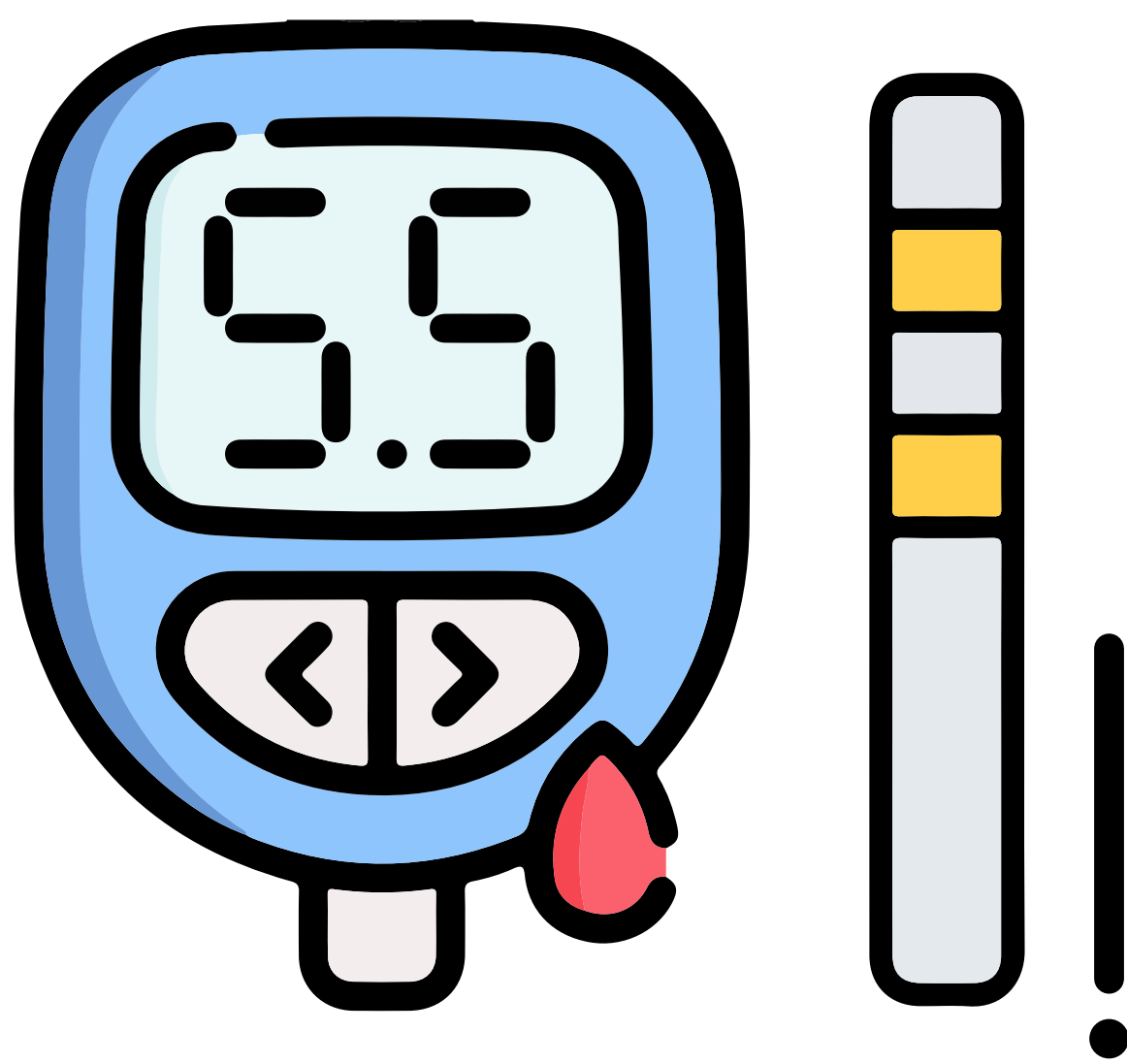


**PREPARE THE LANCING  
DEVICE** by inserting a  
fresh lancet.

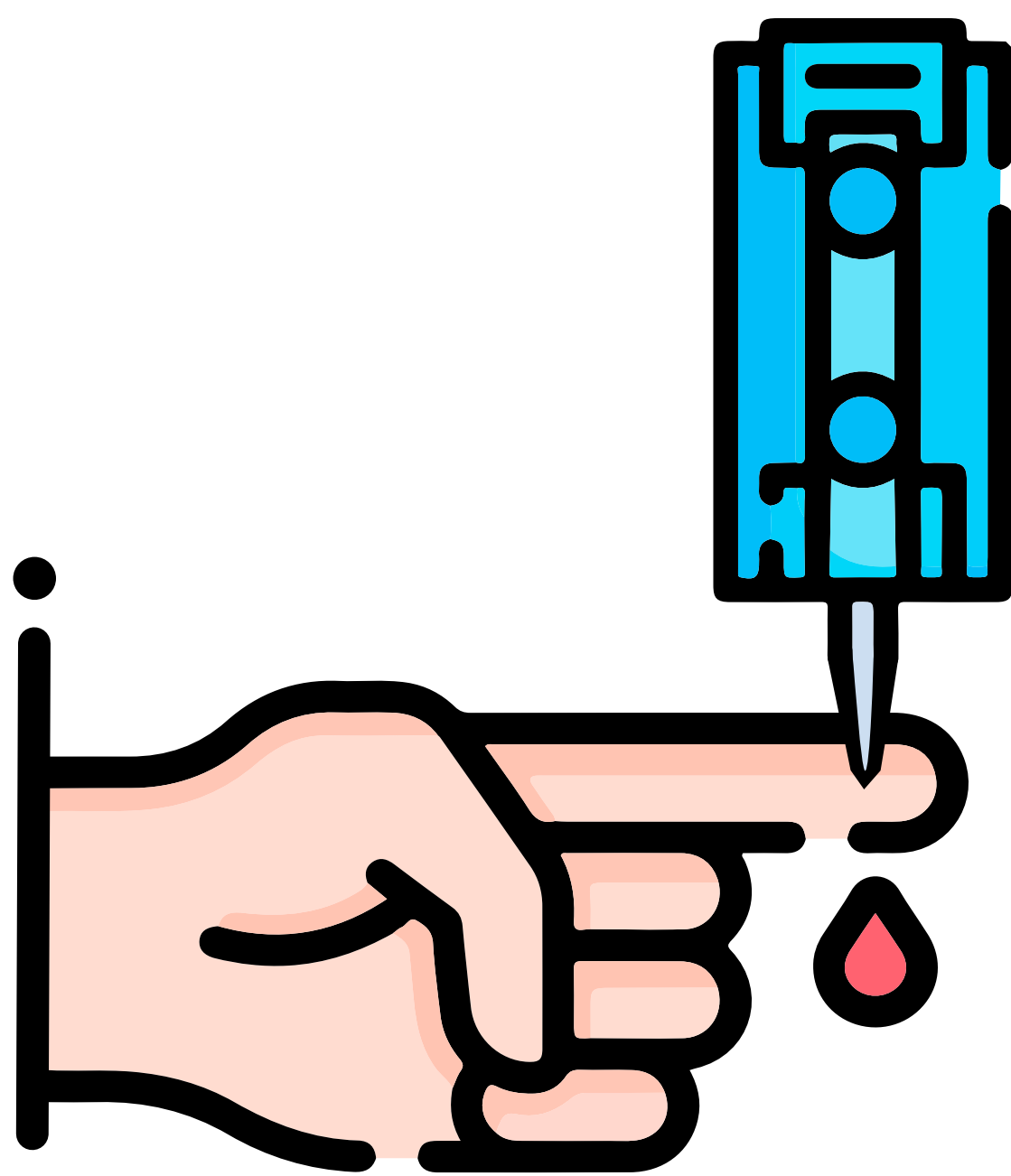


**NOTE:** Lancets that are used more than once are not as sharp as a new lancet, and can cause more pain and injury to the skin.

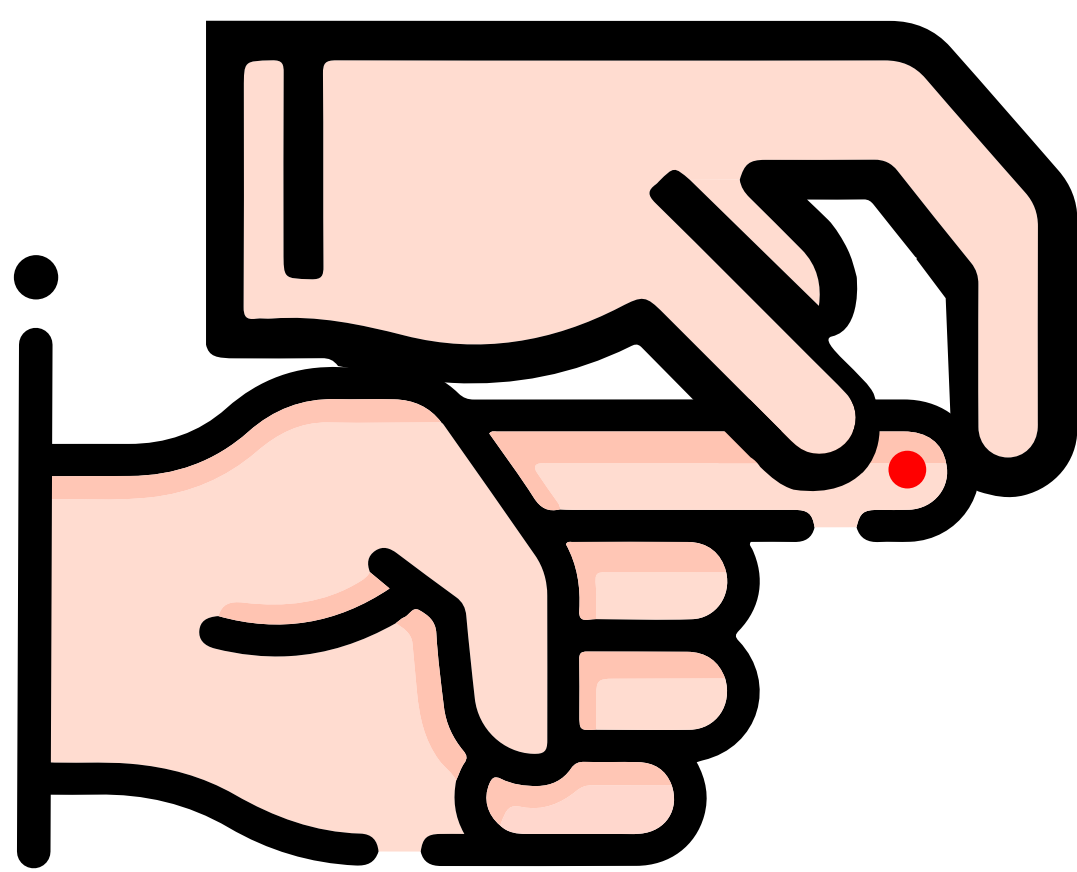
**PREPARE THE BLOOD  
GLUCOSE METER AND TEST  
STRIP** (as per instructions  
given in the glucose  
monitoring device pack)



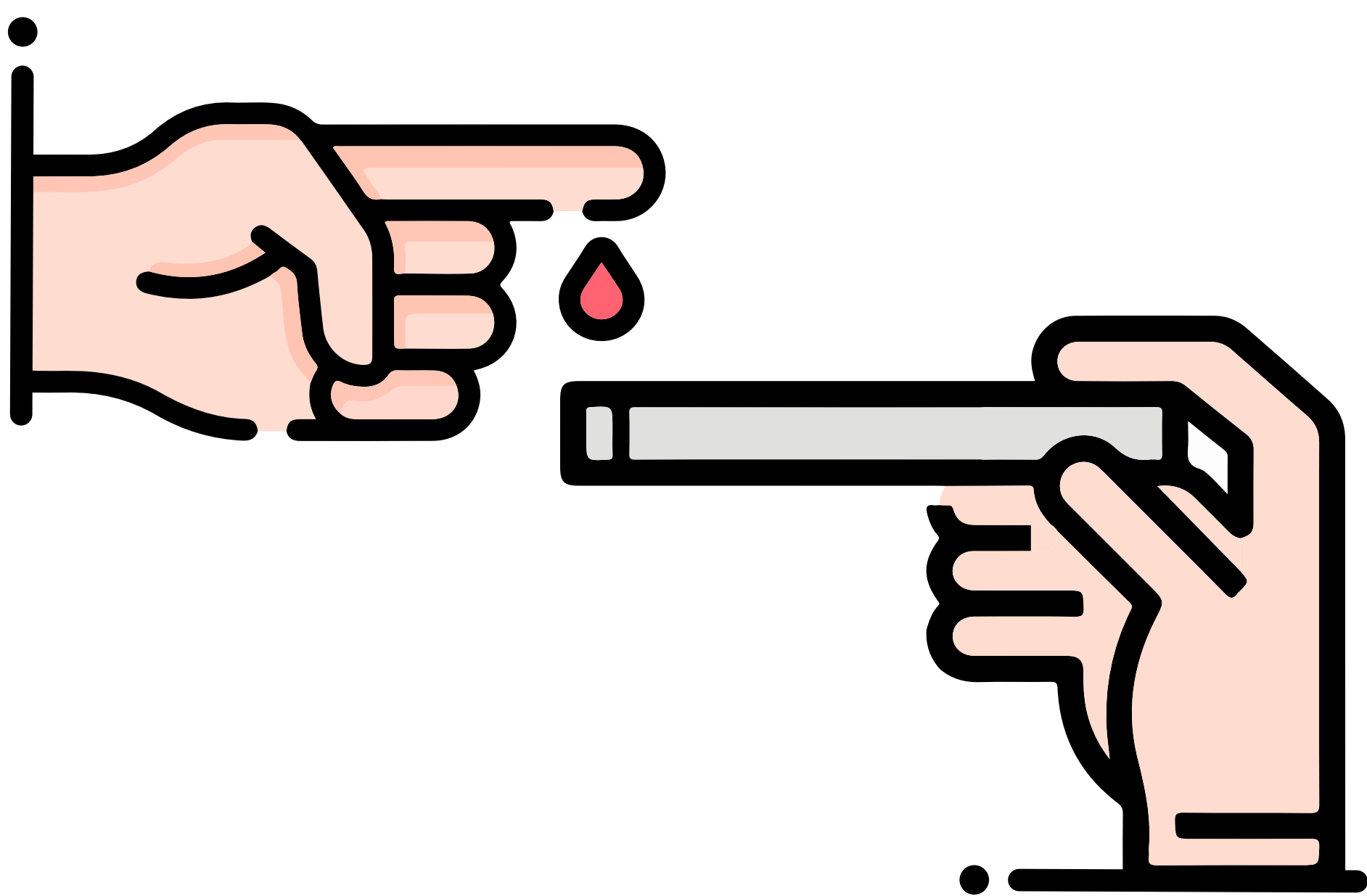
Use the lancing device to  
**OBTAIN A SMALL DROP OF  
BLOOD** from your fingertip



If you have difficulty getting a good drop of blood from the fingertip, **TRY RINSING YOUR FINGERS WITH WARM WATER**, shaking the hand below the waist, or squeezing ("milking") the fingertip.



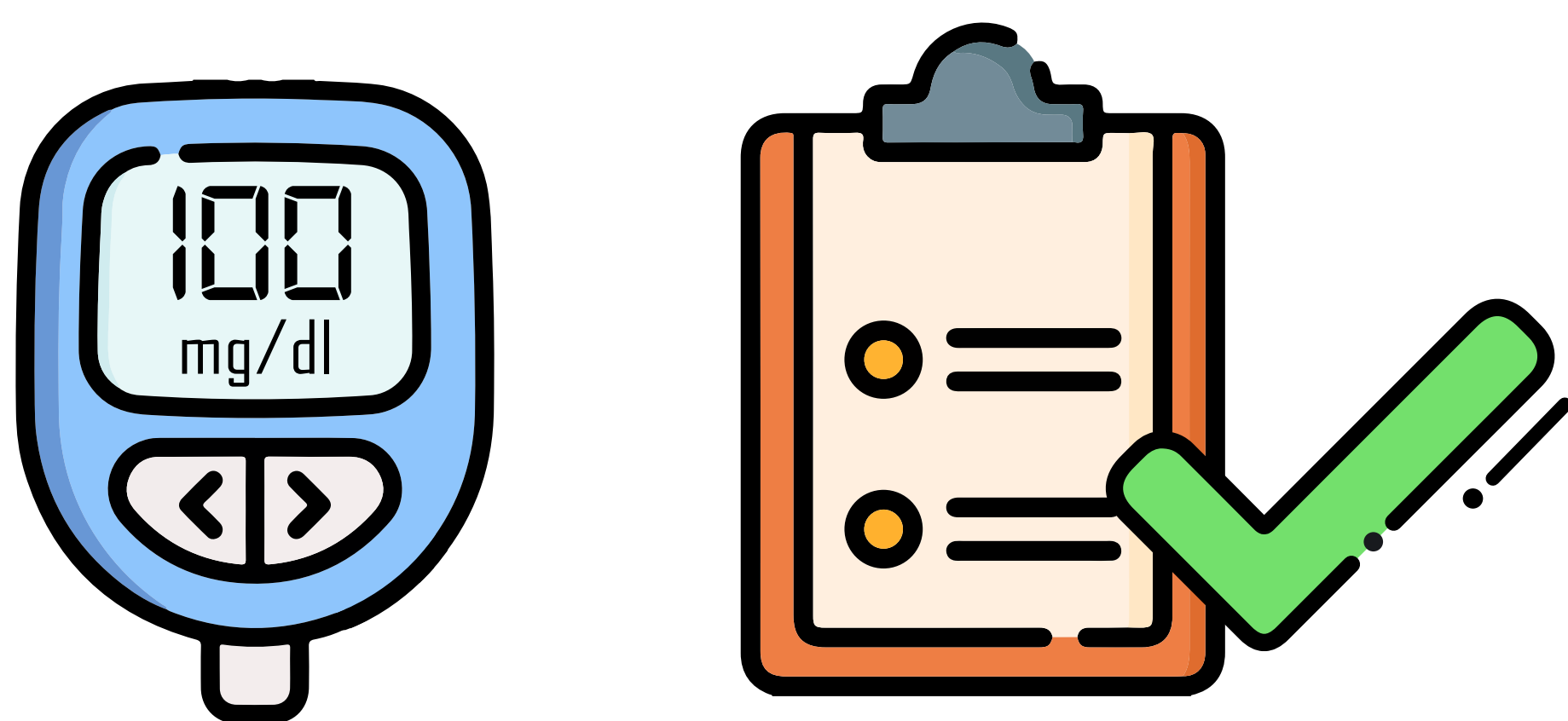
**APPLY THE BLOOD DROP TO  
THE TEST STRIP** in the blood  
glucose meter. The results will  
be displayed on the meter  
after several seconds.





# **ACCURACY OF GLUCOSE MONITORING DEVICE**

You must **PERIODICALLY CHECK THE ACCURACY OF THE BLOOD GLUCOSE MONITORING DEVICE** by comparing it with the laboratory report.



When comparing glucose monitor results with those from a laboratory, **THERE SHOULD NOT BE MORE THAN A 20% DIFFERENCE IN THE READINGS.**

**NOTE:** Use your home monitor to check your blood glucose at the same time that blood is drawn in the lab.

**NOTE:** Larger differences may indicate a problem with your monitor, glucose strips, or your monitoring technique.





“ Let’s learn about the  
**BEST TIME TO MONITOR  
YOUR BLOOD  
GLUCOSE LEVELS** ”



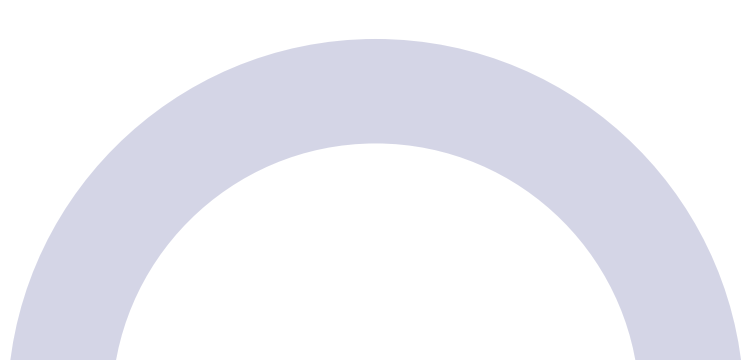
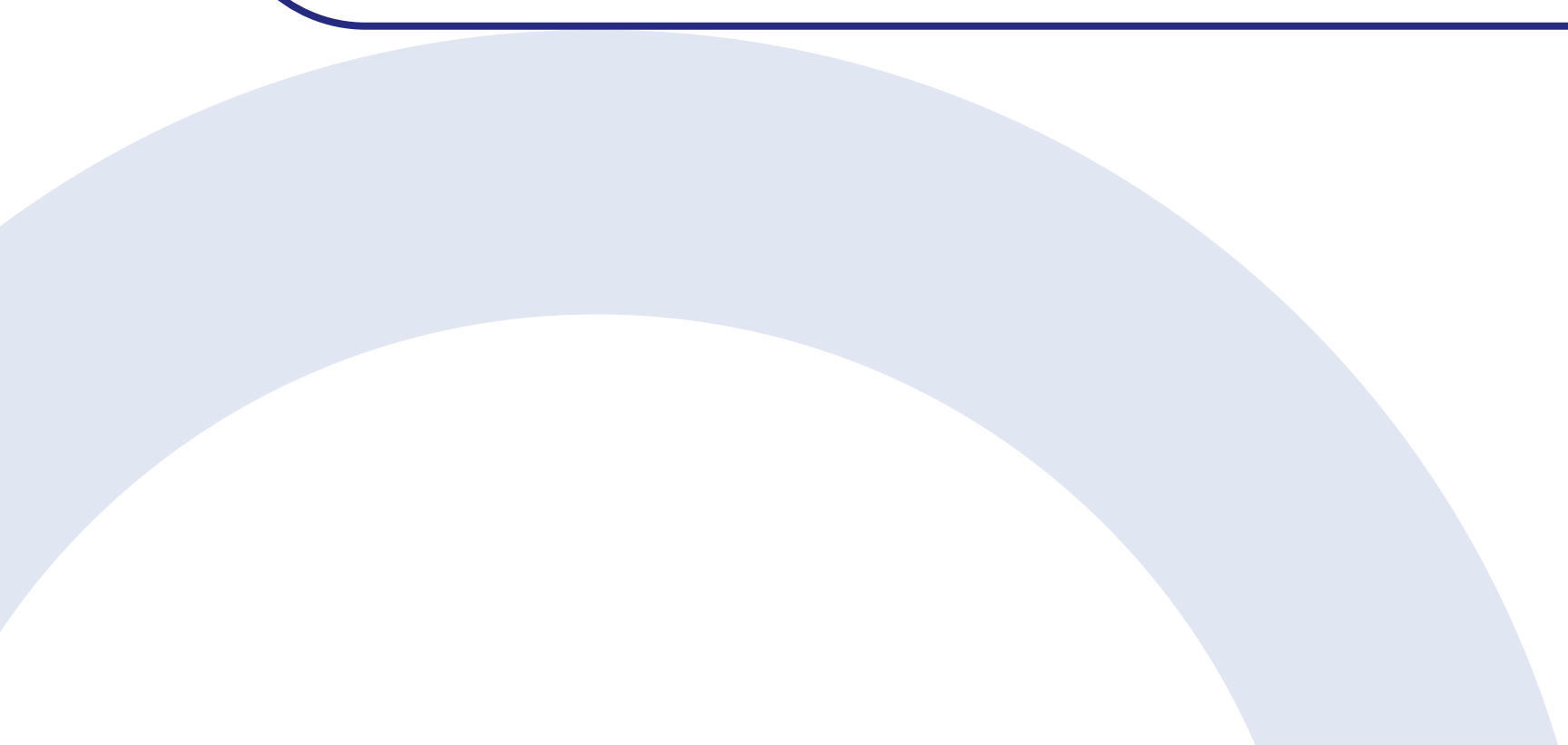
## **FIRST THING IN THE MORNING, BEFORE EATING OR DRINKING ANYTHING**

### **A FASTING TEST CAN REVEAL**

whether your Insulin, medicine, and bedtime snack are keeping your blood glucose levels within the safe range throughout the night.

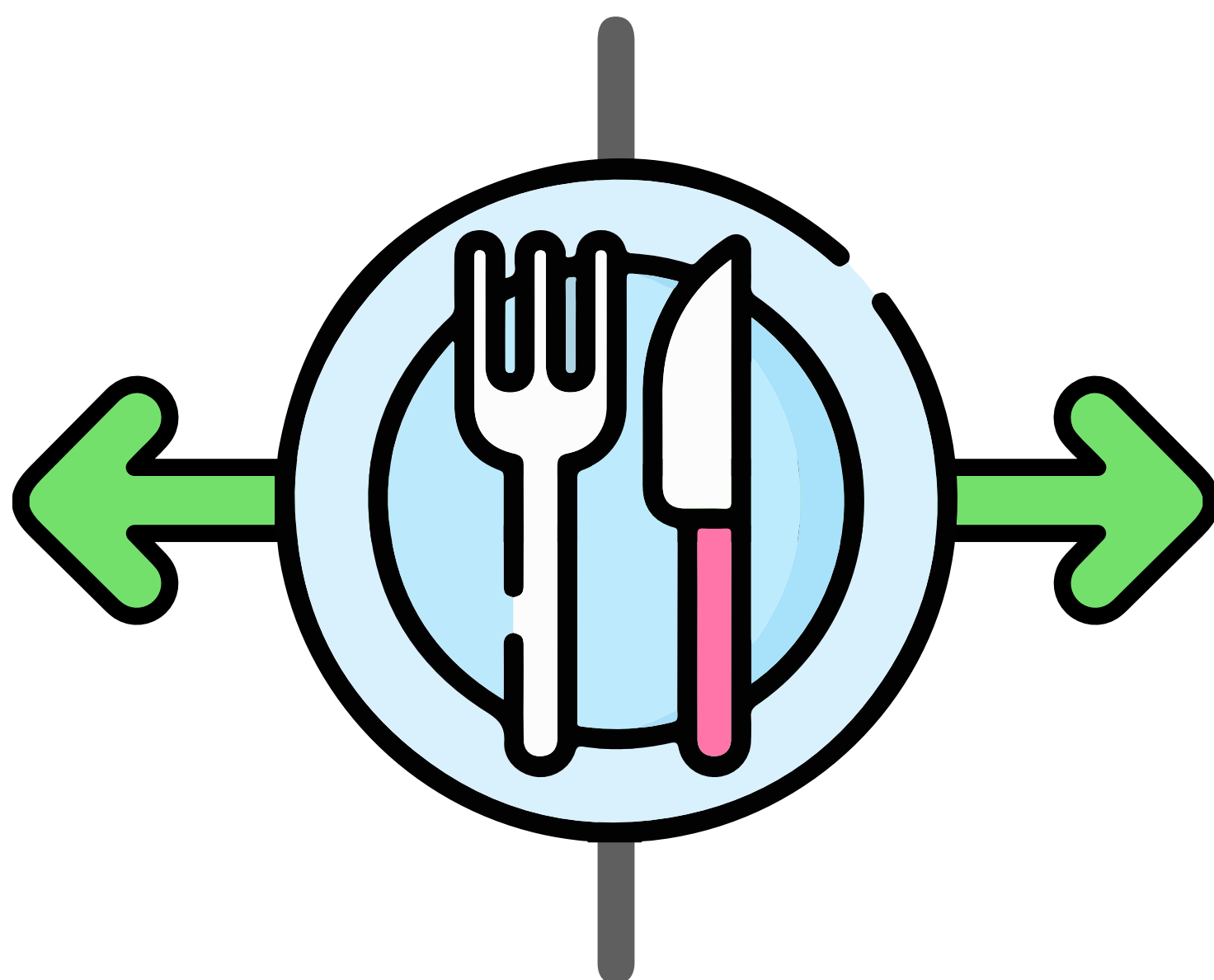
### **CHECKING BLOOD GLUCOSE AT 3 AM IS RECOMMENDED.**

It helps to interpret high or low fasting blood glucose readings and to identify night time Hypoglycemia.



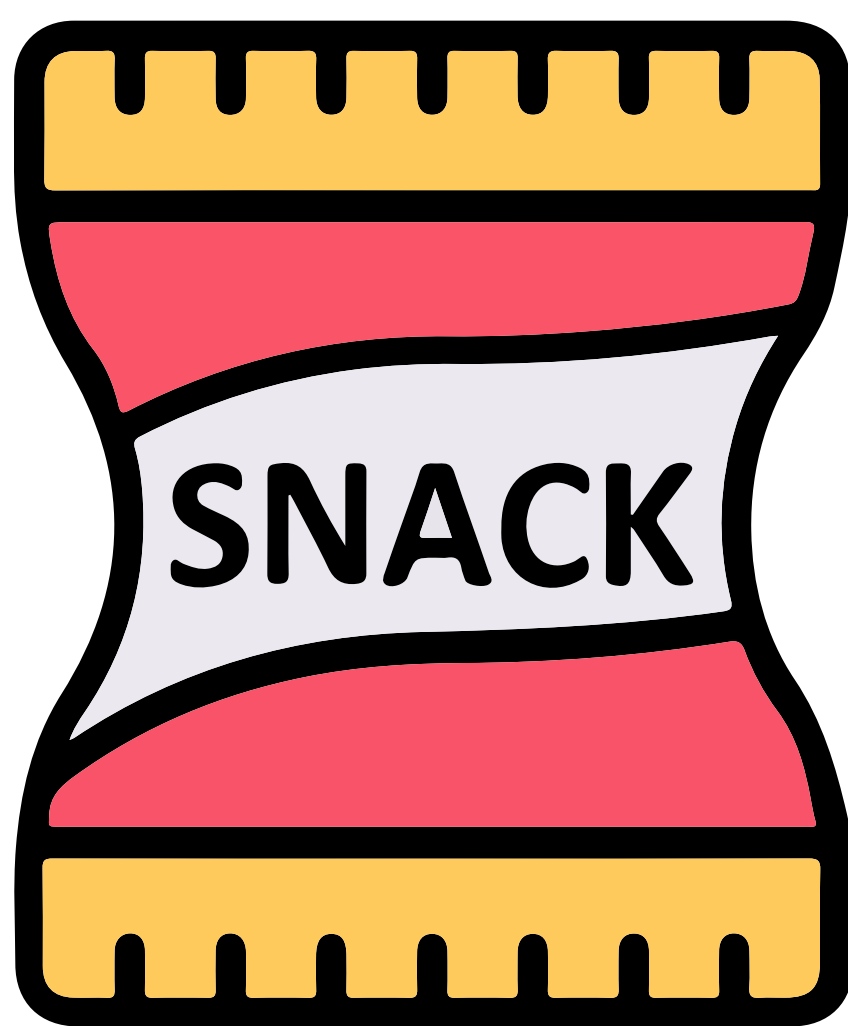
# BEFORE AND TWO HOURS AFTER MEALS

**TESTING BEFORE EACH MEAL,  
AND TWO TO FOUR HOURS AFTER**  
can help you choose the right foods,  
portion sizes, and Insulin dosage.



## AT BEDTIME

**IT HELPS TO UNDERSTAND** if you require a snack before going to bed.






## **BEFORE AND AFTER PHYSICAL ACTIVITY**

### **HELPS TO DECIDE WHETHER TO DELAY**

or postpone exercise or to have a snack before you begin to exercise.

### **MONITORING AROUND EXERCISE HELPS TO UNDERSTAND**

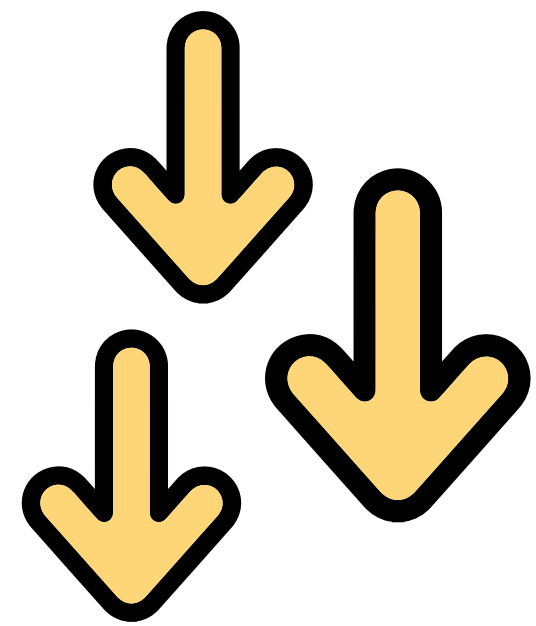
how exercise impacts blood glucose levels and whether there are any long-term effects on blood glucose.



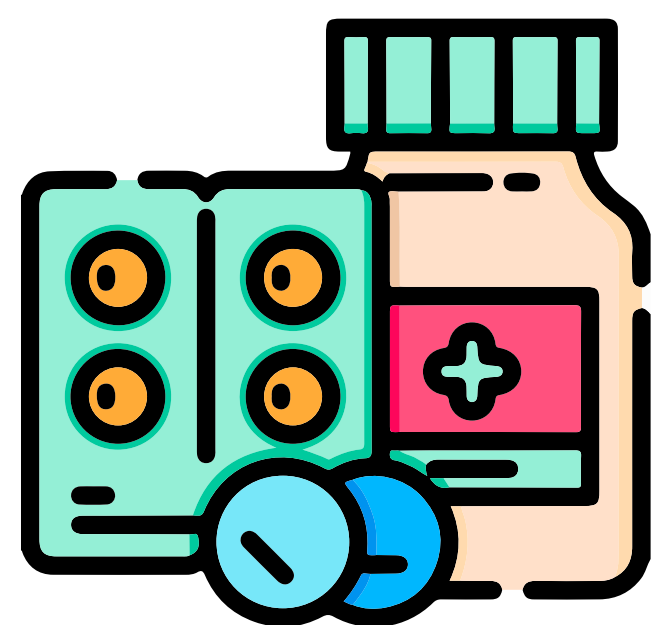
# YOU MUST CHECK YOUR BLOOD GLUCOSE MORE FREQUENTLY IF

You have Hypoglycemia (low blood glucose) or Hyperglycemia (high blood glucose) and after correcting the hypoglycaemia to monitor recovery.

**70 mg/dL**



You start taking new, prescribed Insulin.



Your Insulin dose is adjusted

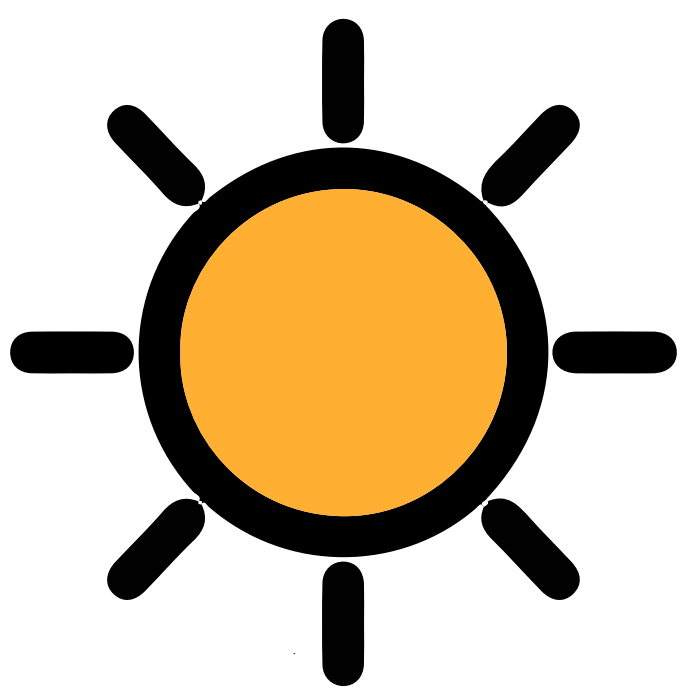
You try new foods or there is a change in the daily routine



You are sick or don't feel well



**IT IS ADVISED TO  
PERFORM BLOOD  
GLUCOSE MONITORING  
6 TO 10 TIMES PER DAY** in  
people with Type 1 diabetes  
who are not using a CGM.



**6 TO 10  
TIMES**

**NOTE:** Appropriate action needs to be taken based on the  
observed readings

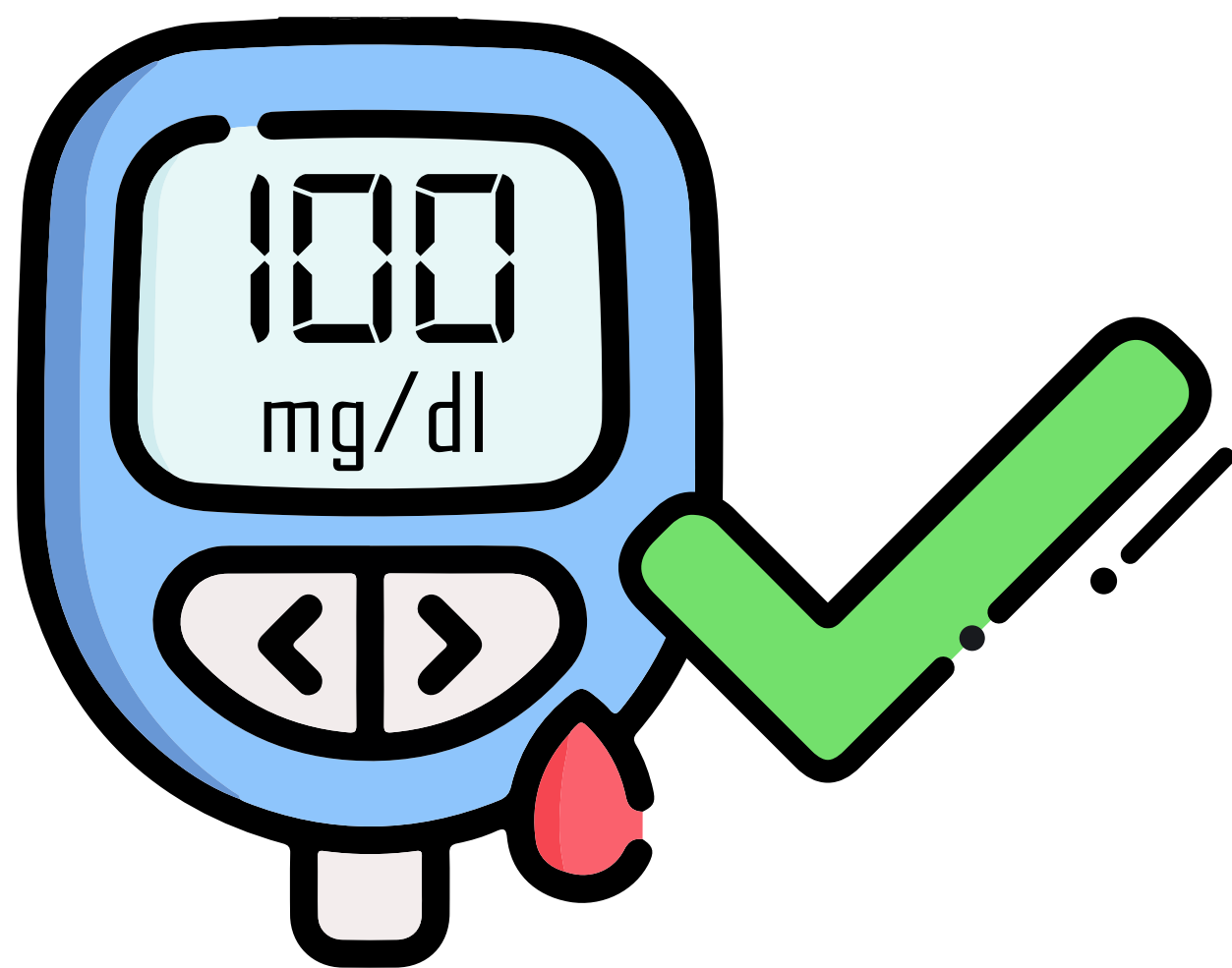


**HOWEVER, IT IS  
IMPORTANT TO  
UNDERSTAND** that  
monitoring patterns must  
be tailored to each  
individual based on Insulin  
regime, practical situation  
and glucose control.



## REMEMBER

The more times the testing is done, the better adherence to the treatment and better glycaemic control is possible.



“ For more information,  
contact your doctor or your  
**MyCARE Diabetes Educator.**”



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## Reference

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