

MyCARE

With me, every step of the way



“ **SELF-MONITORING OF
BLOOD GLUCOSE (SMBG)
or CONTINUOUS GLUCOSE
MONITORING SYSTEM
(CGMS) is important in
TYPE 2 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.

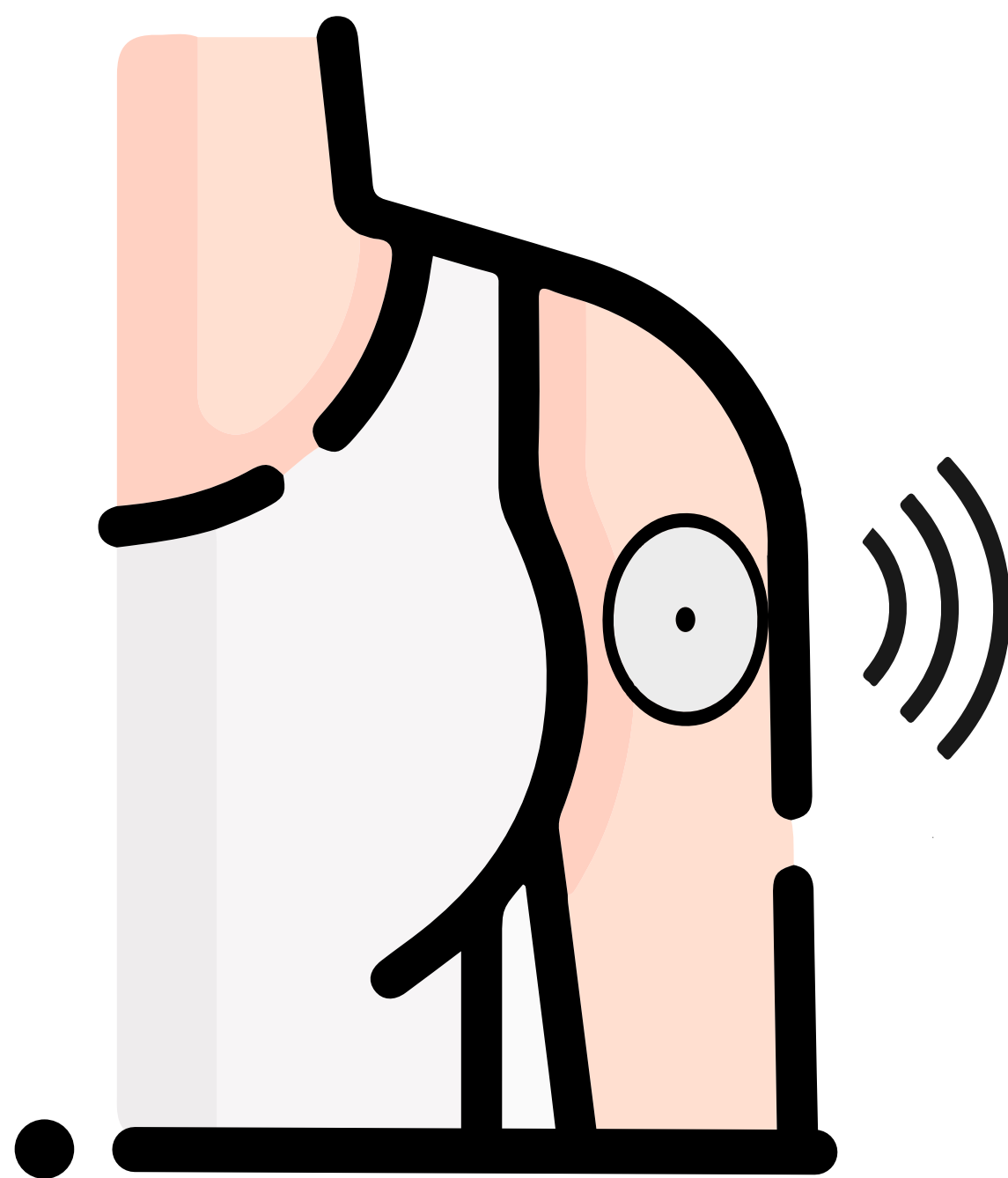


SMBG REFERS TO HOME BLOOD GLUCOSE TESTING

through the use of a glucose monitoring device.

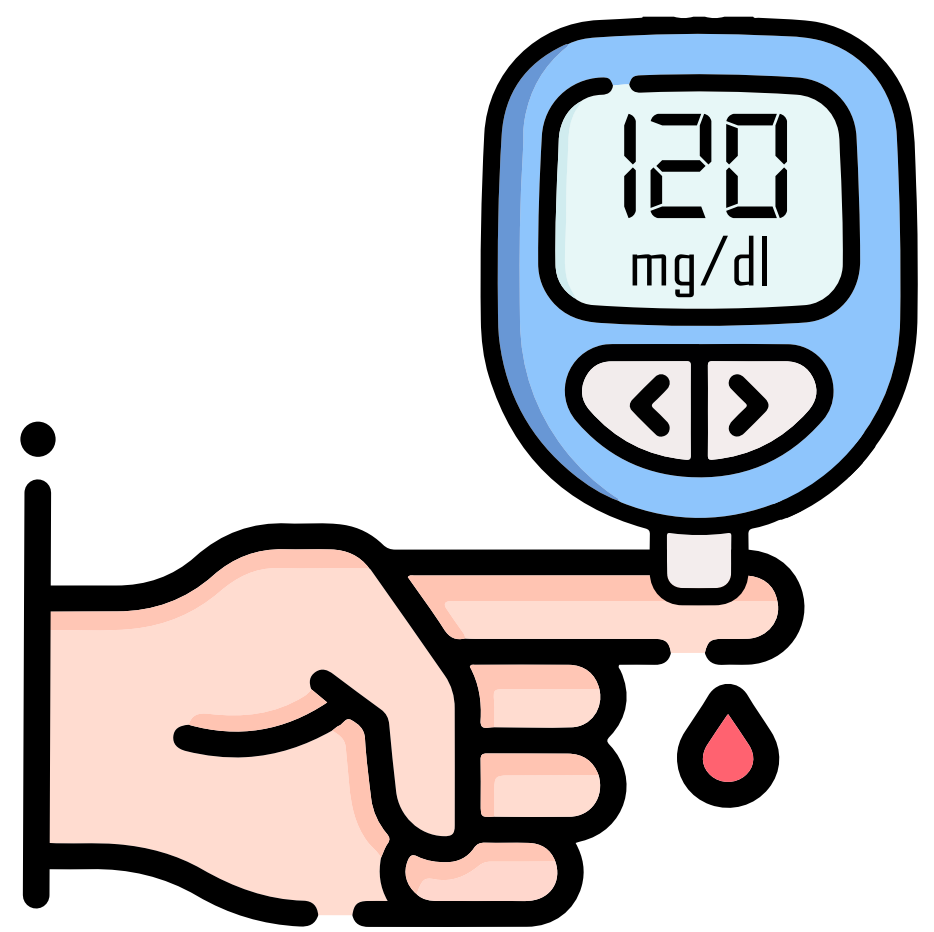


**CGMS AUTOMATICALLY
TRACKS BLOOD GLUCOSE
LEVELS** through a tiny sensor
inserted under your skin,
usually on the belly or arm.



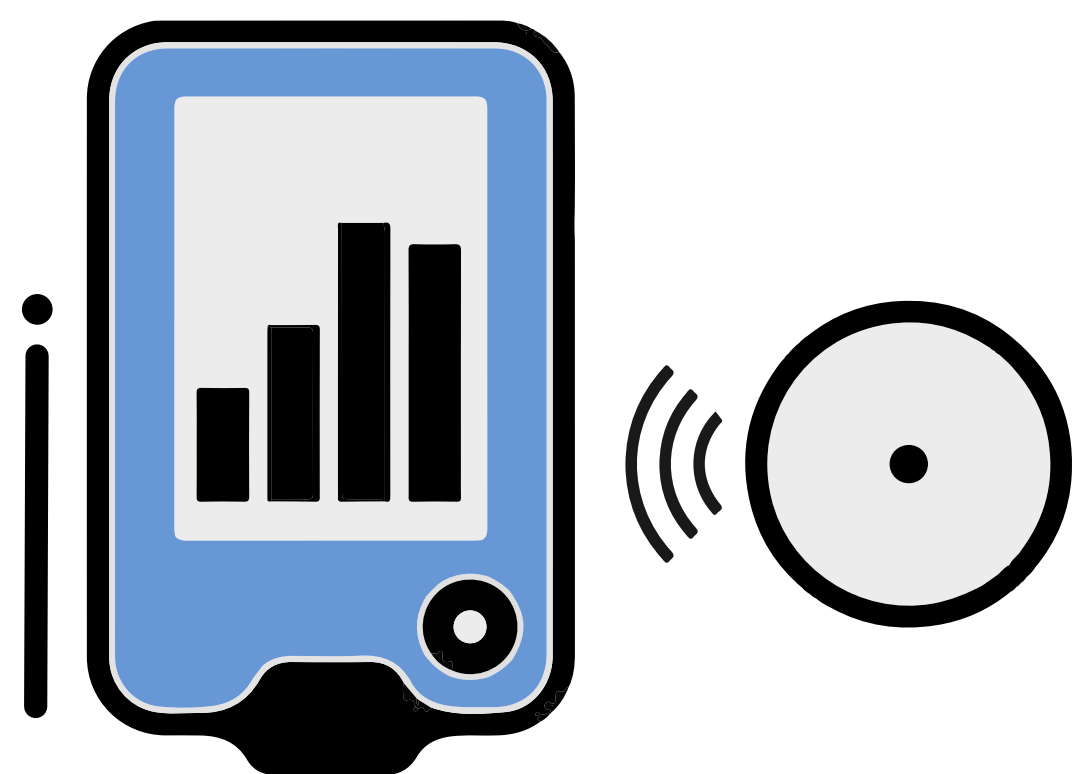
SMBG MEASURES

your capillary
(blood vessel)
glucose levels.

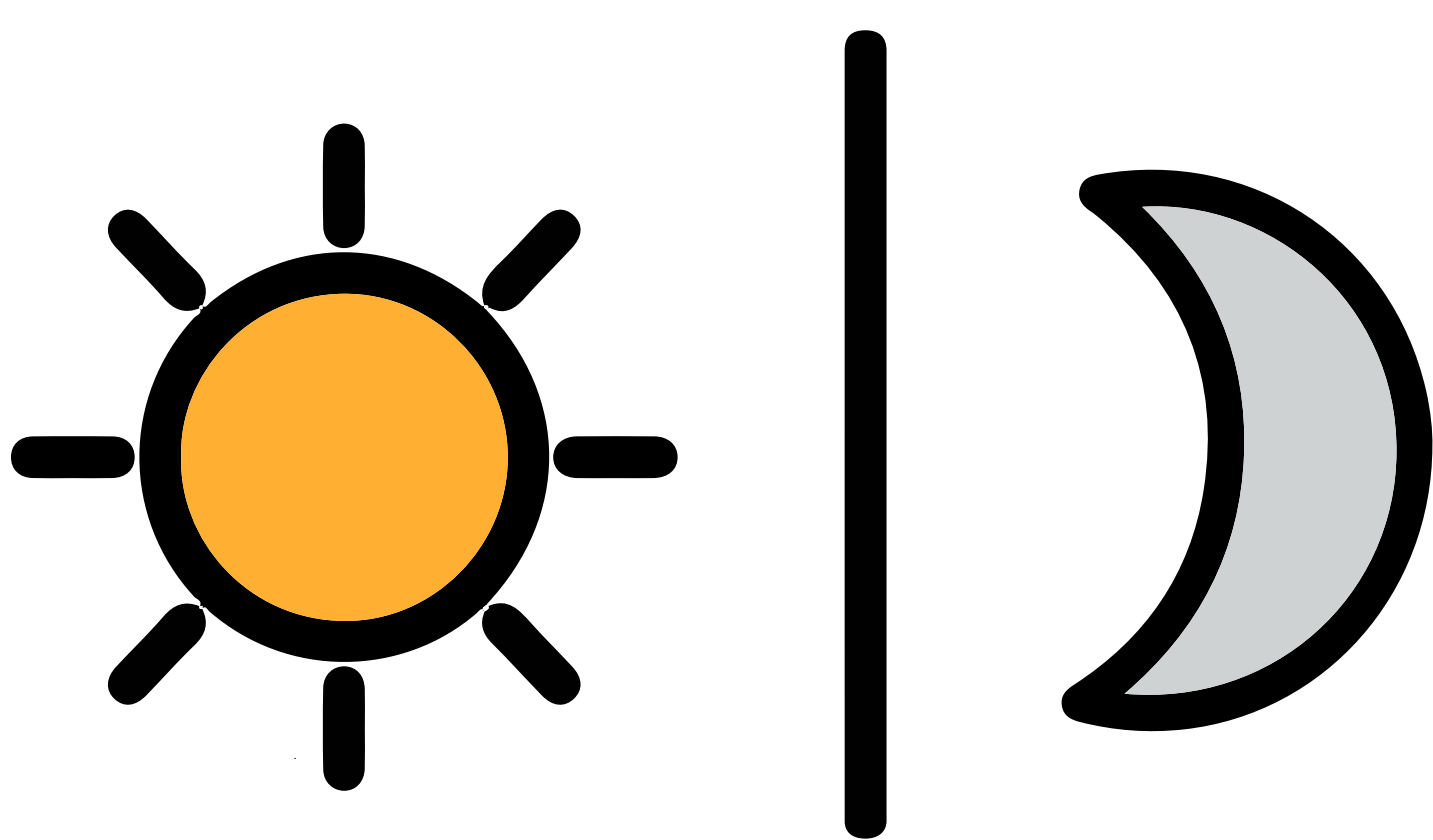


CGMS SENSOR MEASURES

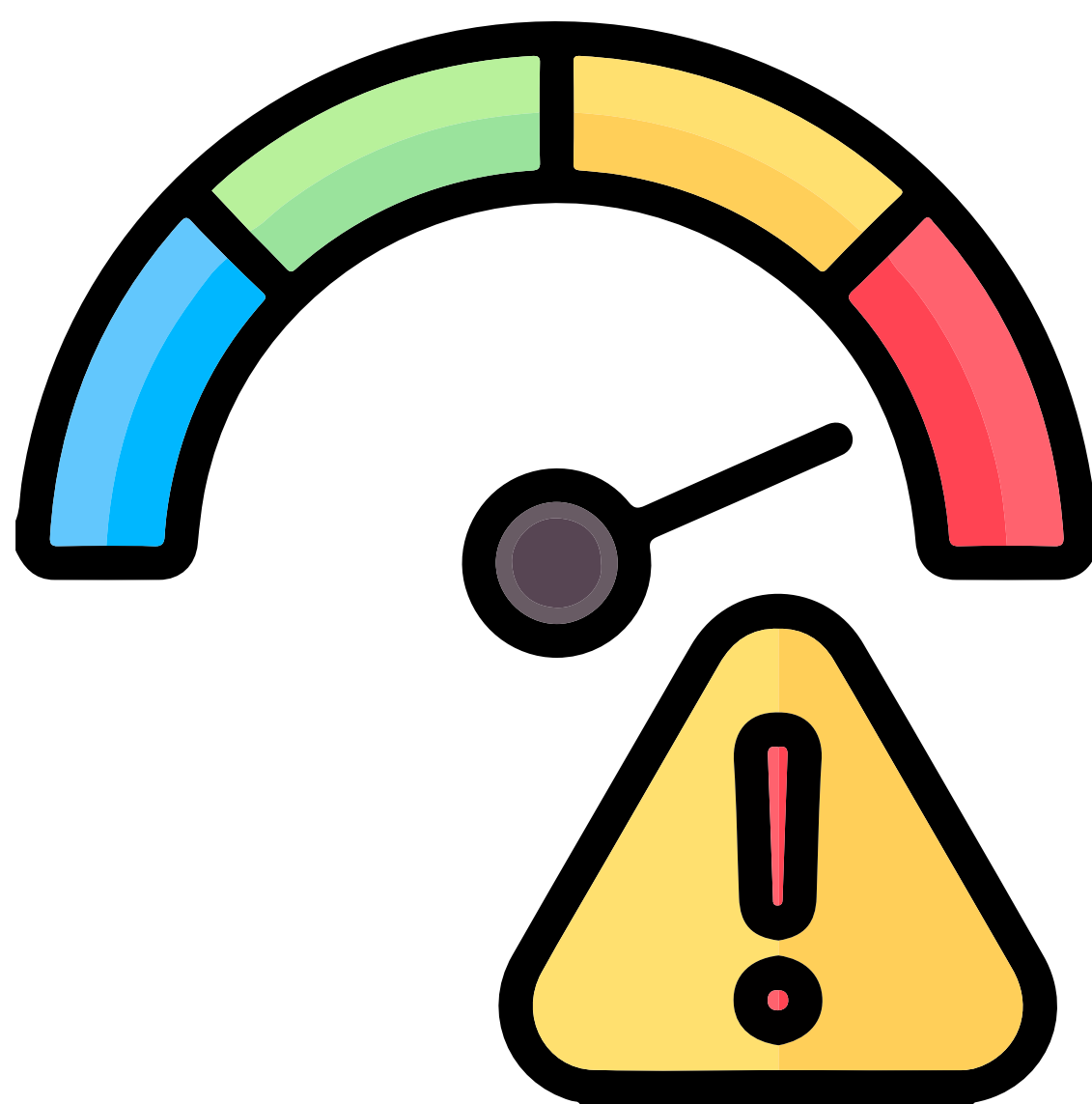
your interstitial
glucose level,
which is found
in the fluid
between the
body cells.



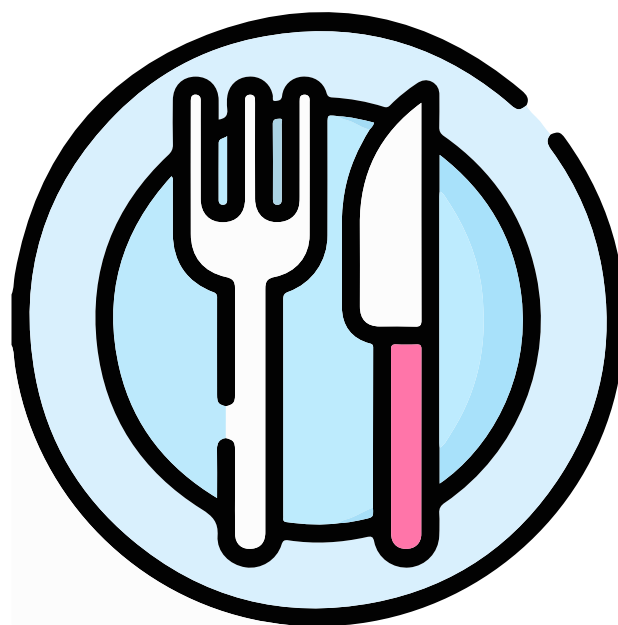
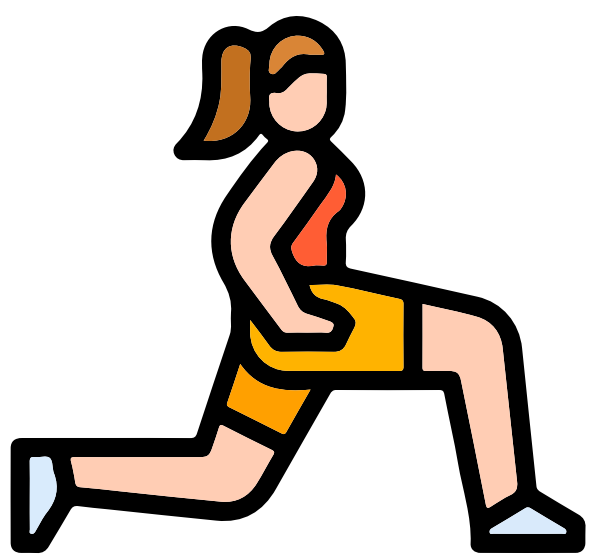
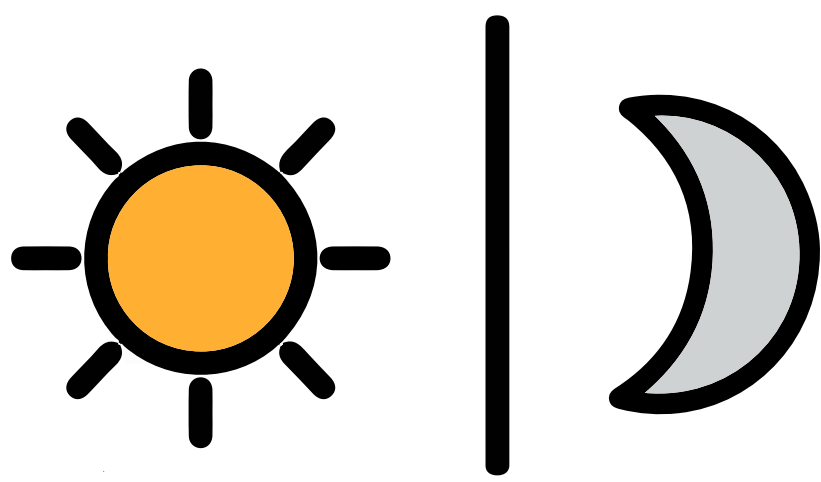
With the help of CGMS, **YOU CAN SEE YOUR GLUCOSE READINGS ANYTIME IN THE DAY** or also analyse the trends of glucose patterns in an entire day over a period of 7 or 14 days.



**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 regarding your lifestyle and Insulin/medication 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 2 DIABETES IS 70%. (70-180 mg/dL).**

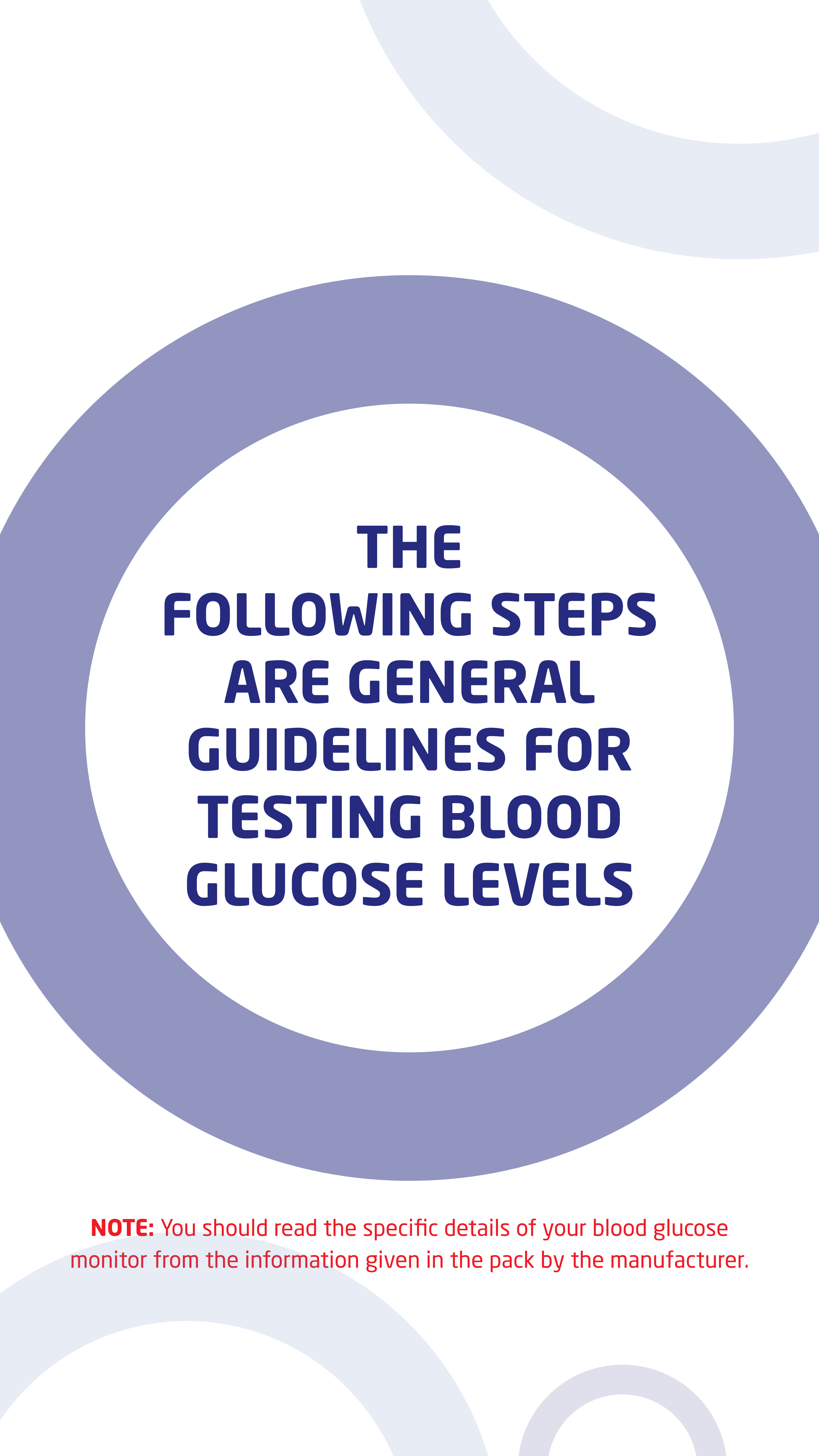


NOTE: Hypoglycemic episodes in children must be minimum and should be kept below 4% (<70mg/dL). Depending on your age, any problems, and other circumstances, your target ranges may vary.

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.

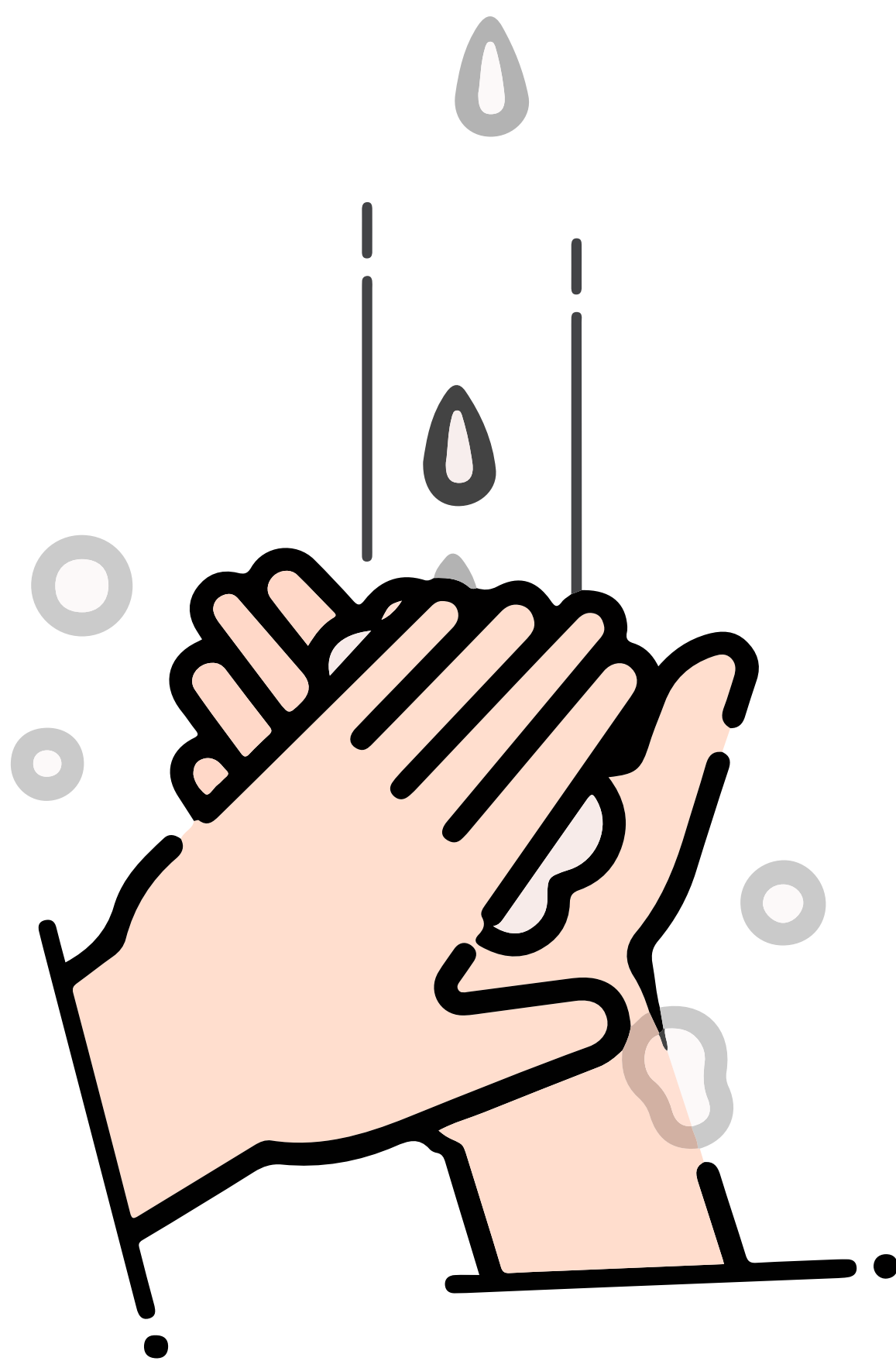




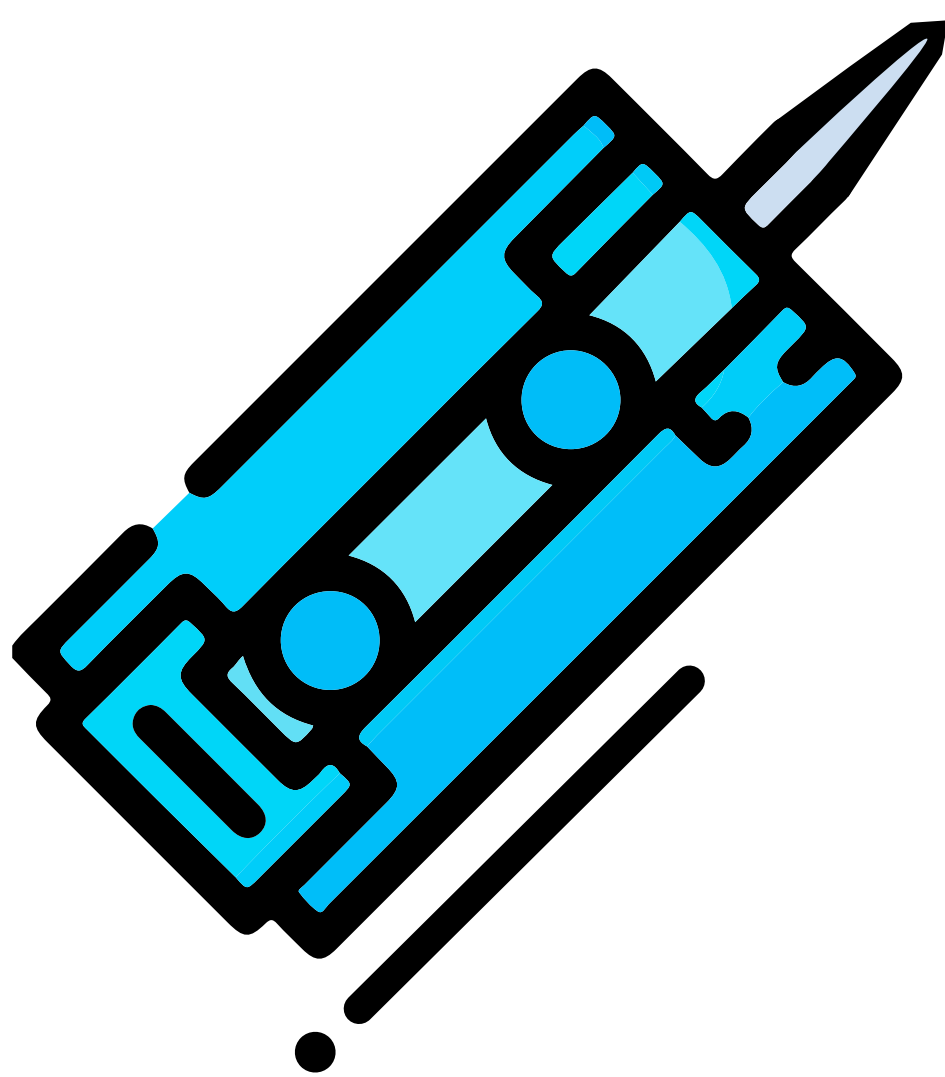
THE FOLLOWING STEPS ARE GENERAL GUIDELINES FOR TESTING BLOOD GLUCOSE LEVELS

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.

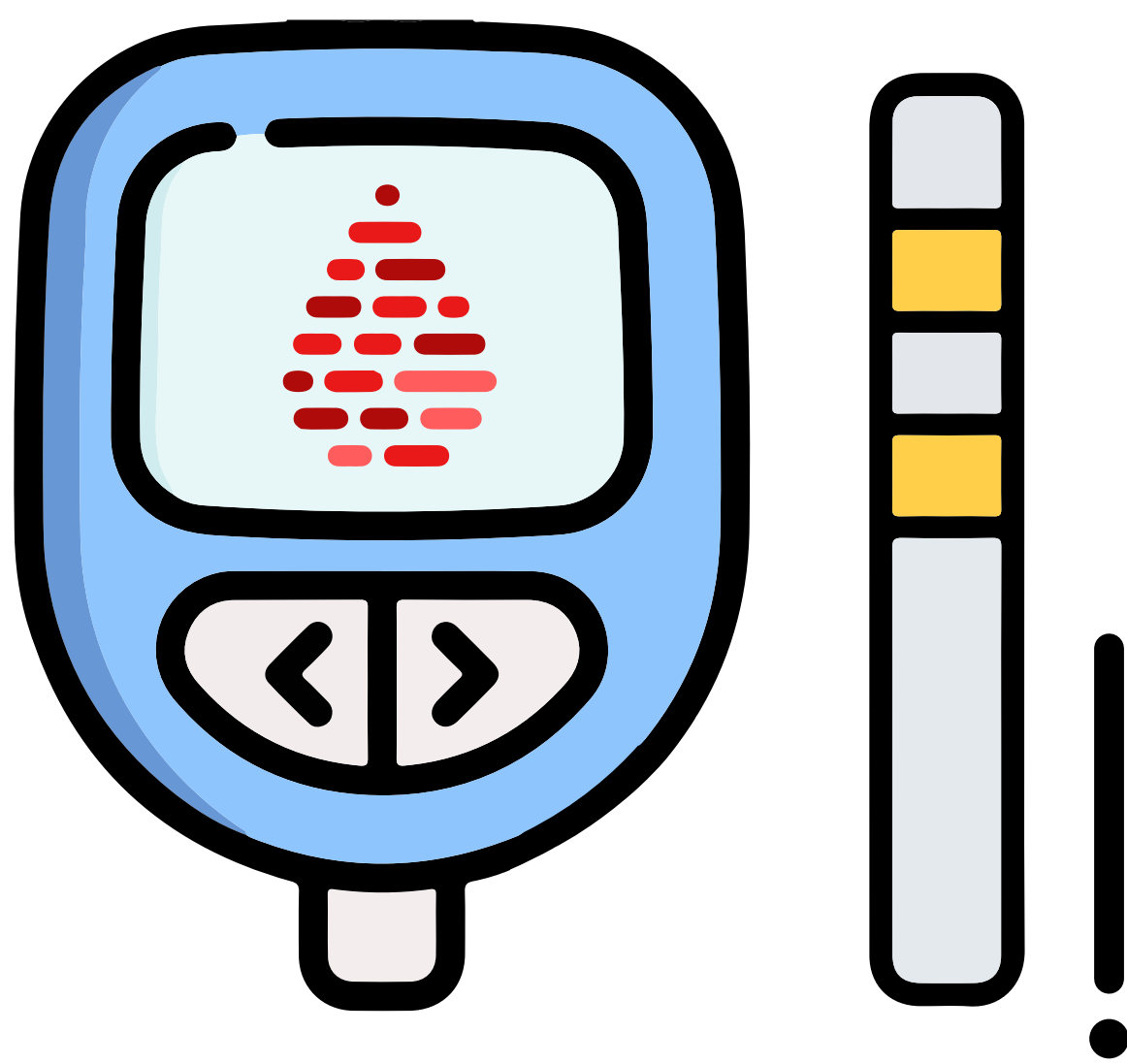


**PREPARE THE LANCING
DEVICE** by inserting a
fresh lancet.

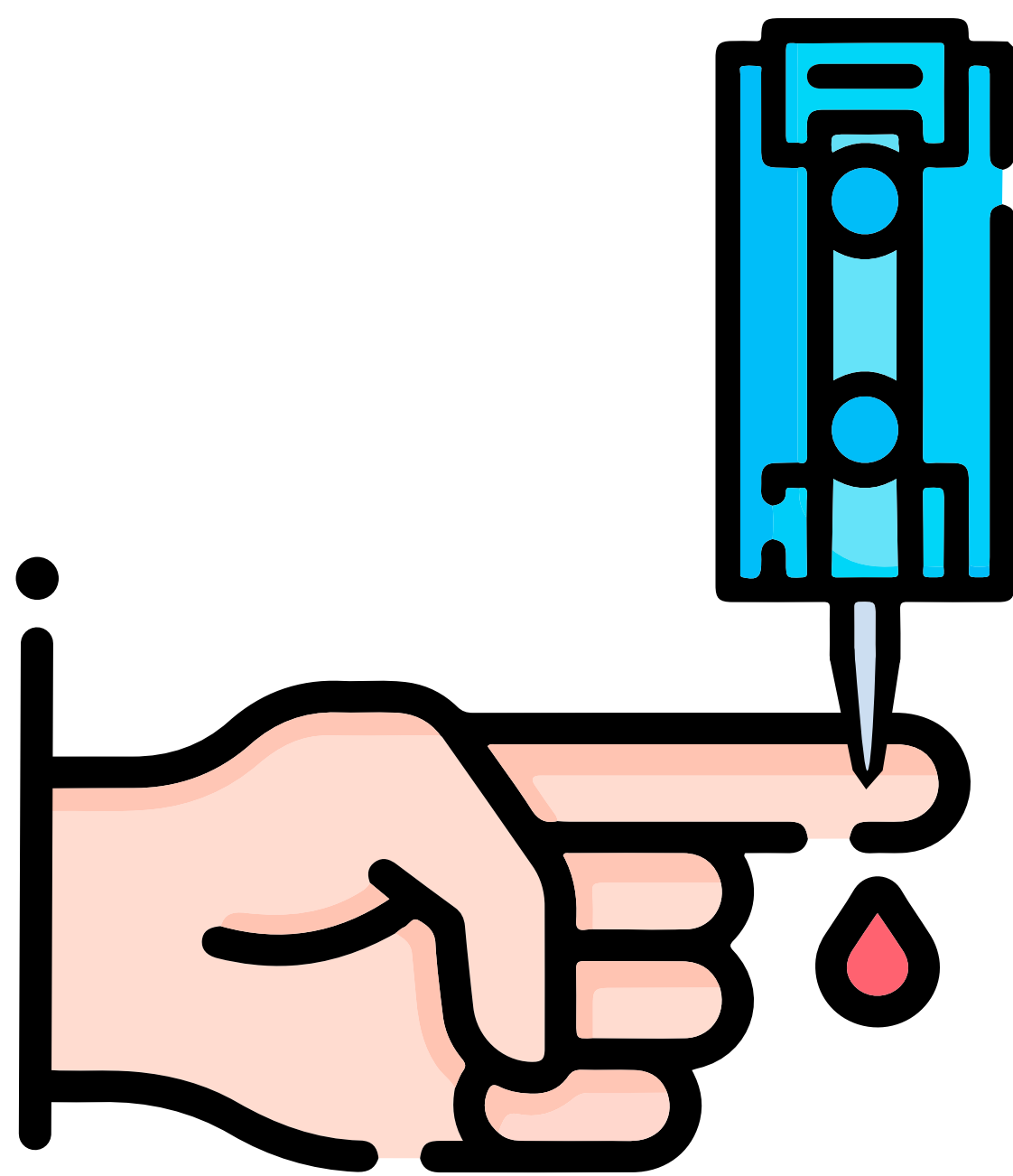


NOTE: Lancets that are used more than once are not as sharp as a new lancet, and can cause more pain and injury to the skin.

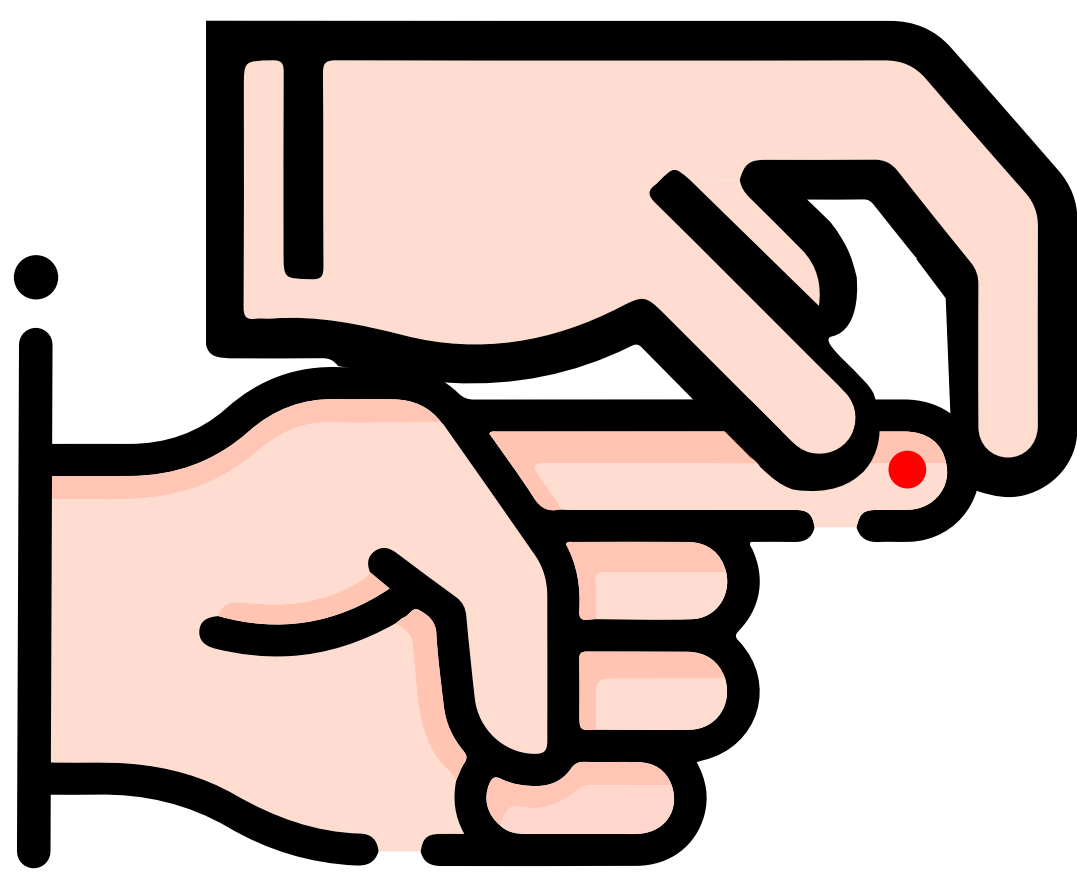
**PREPARE THE BLOOD
GLUCOSE METER AND TEST
STRIP** (as per instructions
given in the glucose
monitoring device pack)



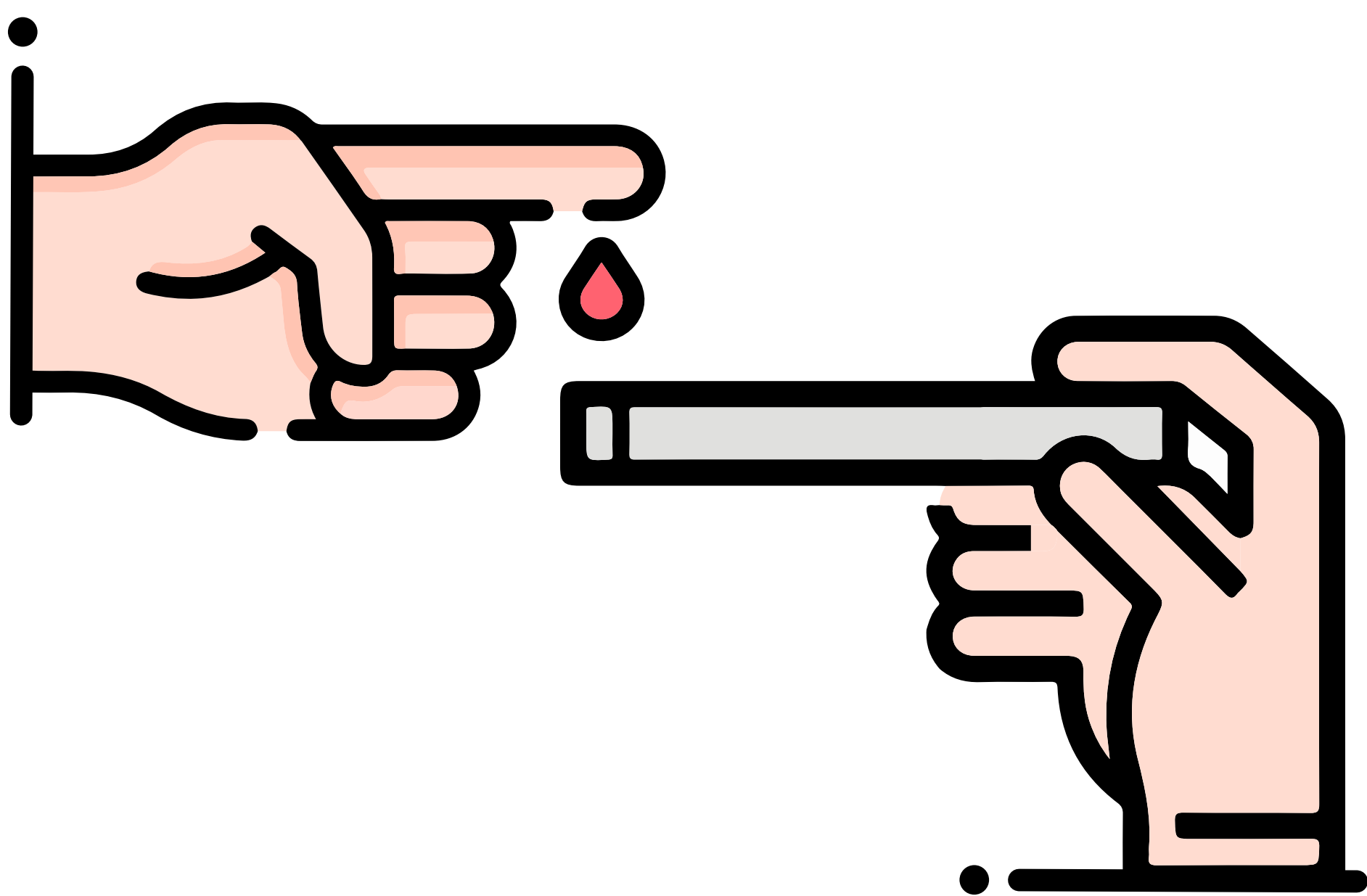
Use the lancing device to
**OBTAIN A SMALL DROP OF
BLOOD** from your fingertip



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.



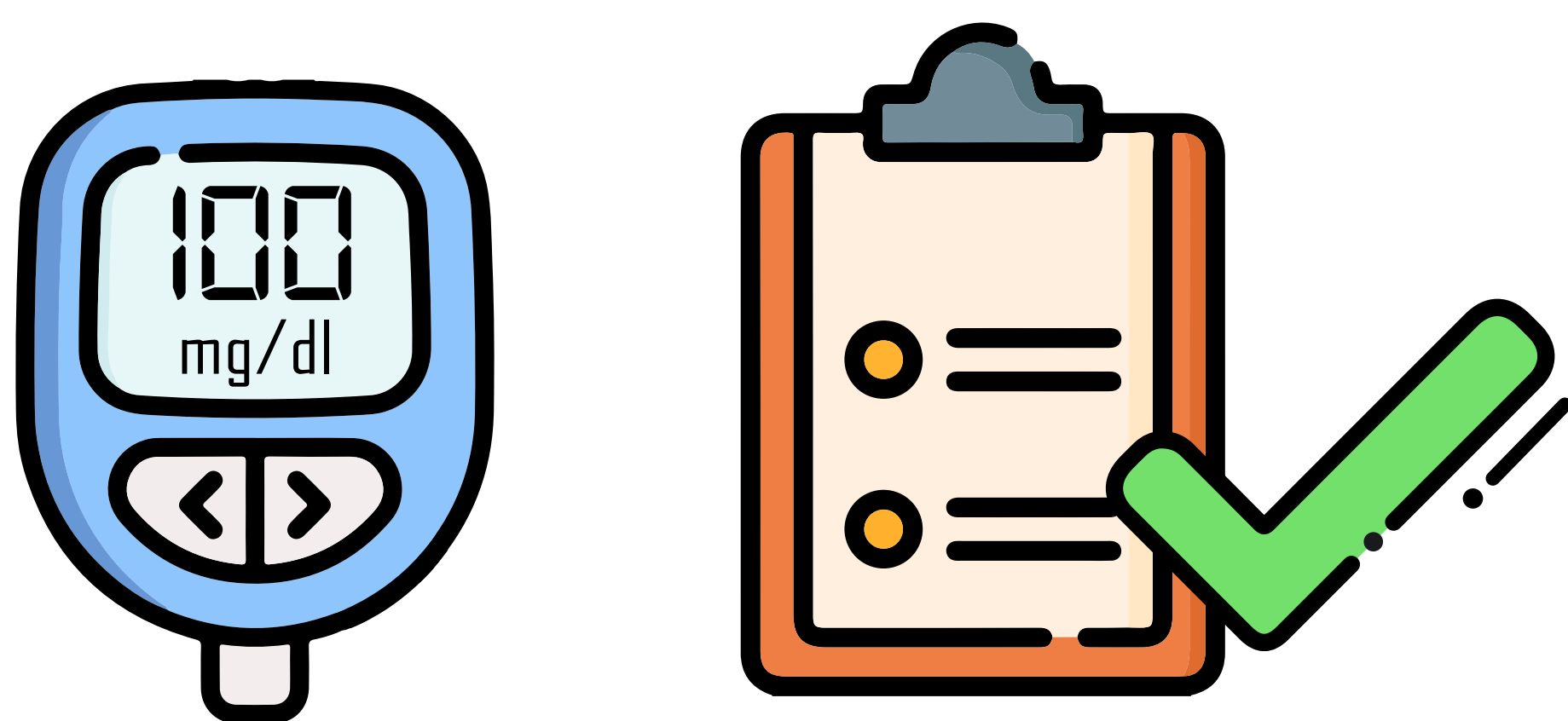
**APPLY THE BLOOD DROP TO
THE TEST STRIP** in the blood
glucose meter. The results will
be displayed on the meter
after several seconds.





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.

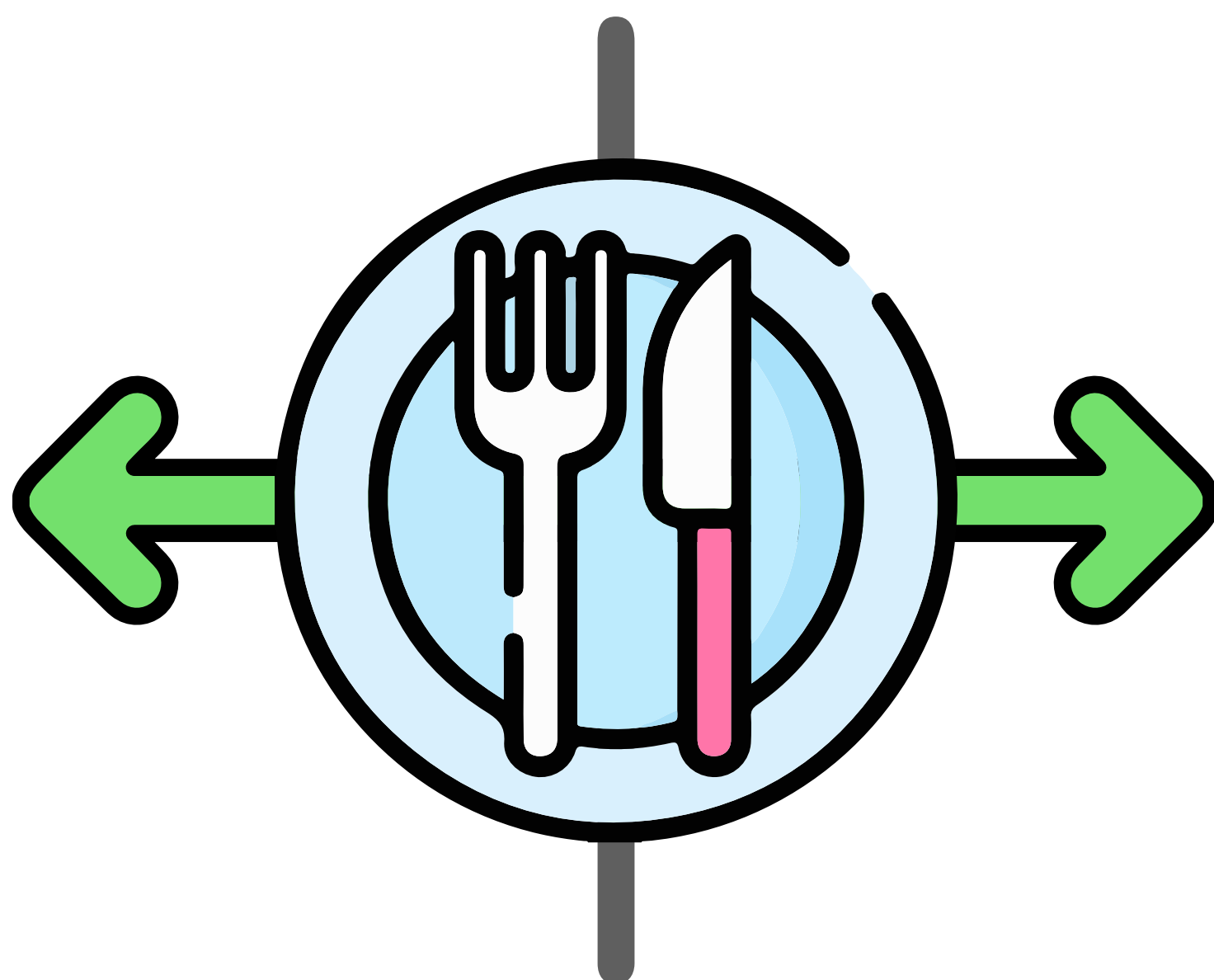
WHEN ON INSULIN CHECKING BLOOD GLUCOSE AT 3 AM IS RECOMMENDED.

It helps to interpret high or low fasting blood glucose readings



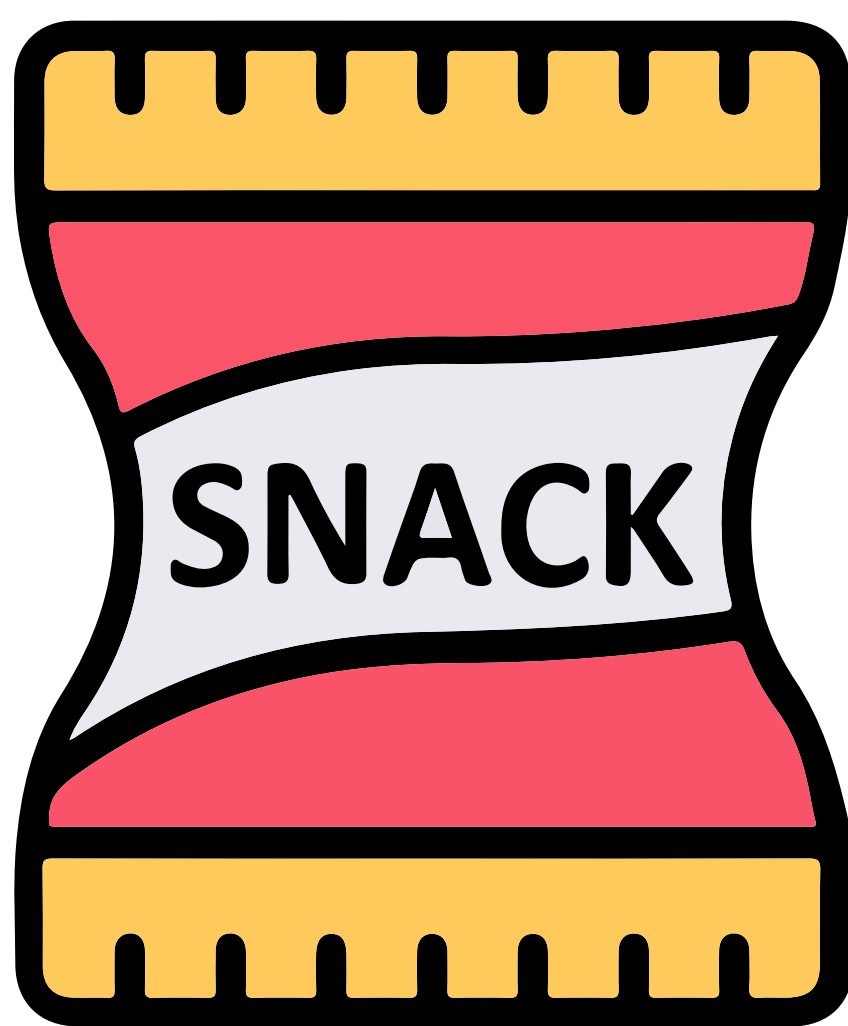
BEFORE AND TWO HOURS AFTER MEALS

**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

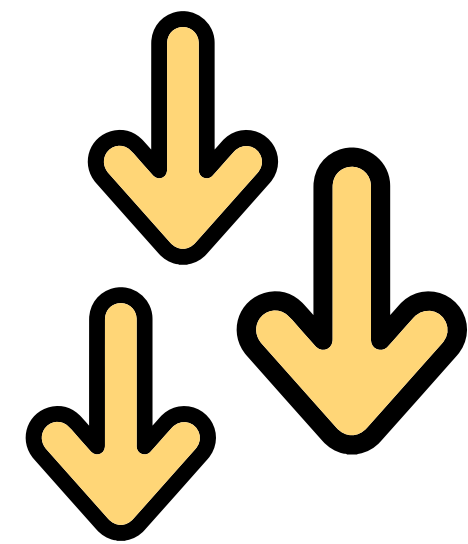
how exercise impacts blood glucose levels and whether there are any long-term effects on blood glucose.



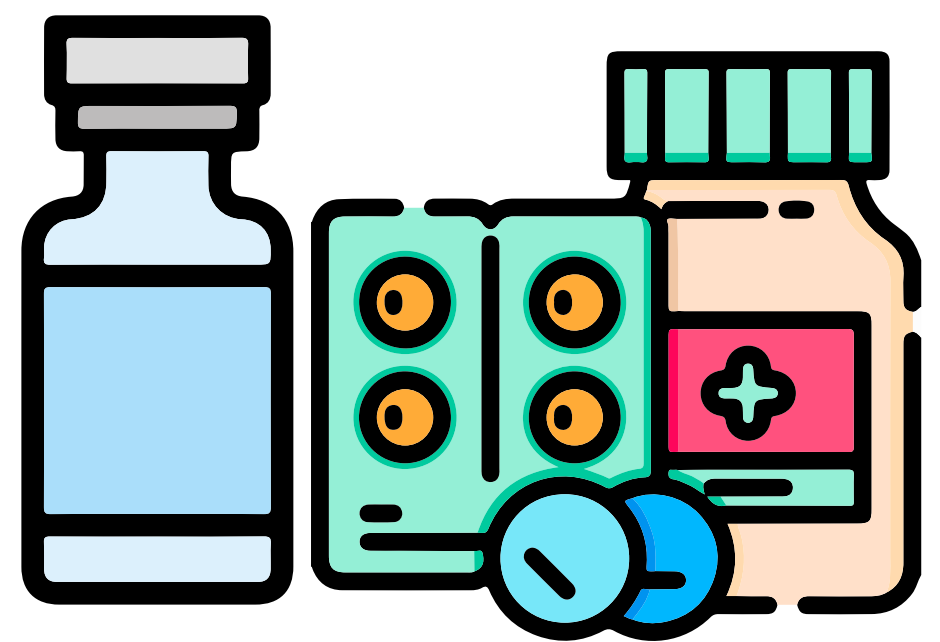
YOU MUST CHECK YOUR BLOOD GLUCOSE MORE FREQUENTLY IF

You have hypoglycaemia (low blood glucose) or hyperglycaemia (high blood glucose)

70 mg/dL

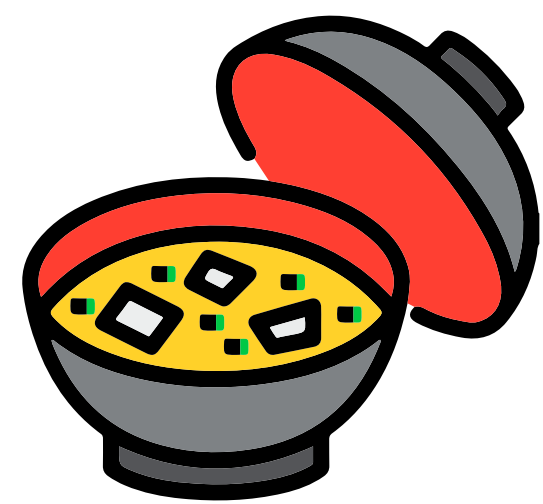


You start taking new, prescribed Diabetes medicine or Insulin

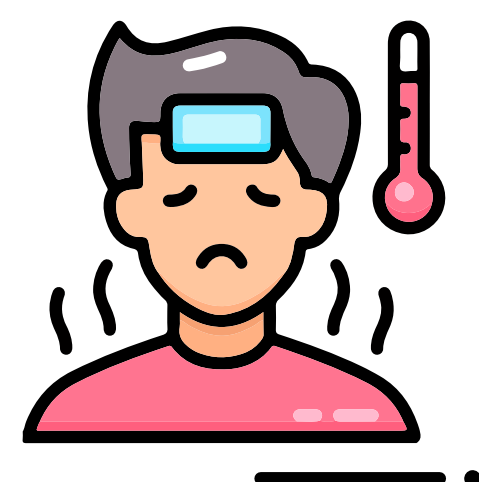


Your Diabetes medicine or Insulin dose is adjusted

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



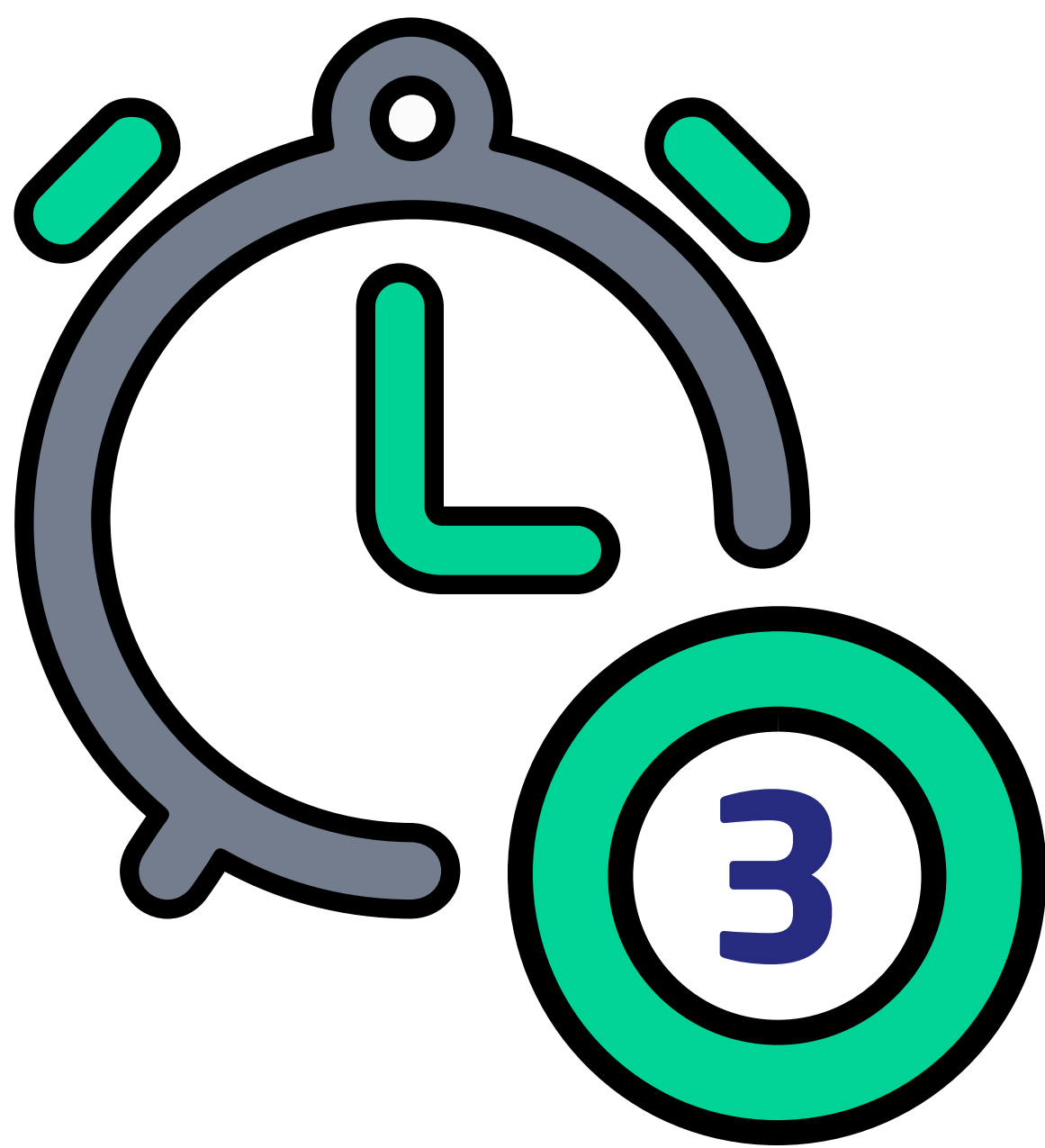
You are sick or don't feel well



Most people with Type 2 Diabetes on a **BASAL-BOLUS REGIMEN SHOULD CHECK BLOOD GLUCOSE AT LEAST FOUR TIMES EACH DAY.**



Those on medication
(sulfonylurea, meglitinide), or
**BASAL INSULIN SHOULD
CHECK AT LEAST THRICE
PER DAY.**



**HOWEVER, IT IS IMPORTANT
TO UNDERSTAND** that this
advice must be tailored to
each individual based on their
blood glucose control and
lifestyle.



There are different patterns for monitoring blood glucose levels but among all **STAGGERED PROFILE IS THE MOST COMMONLY USED PATTERN.**

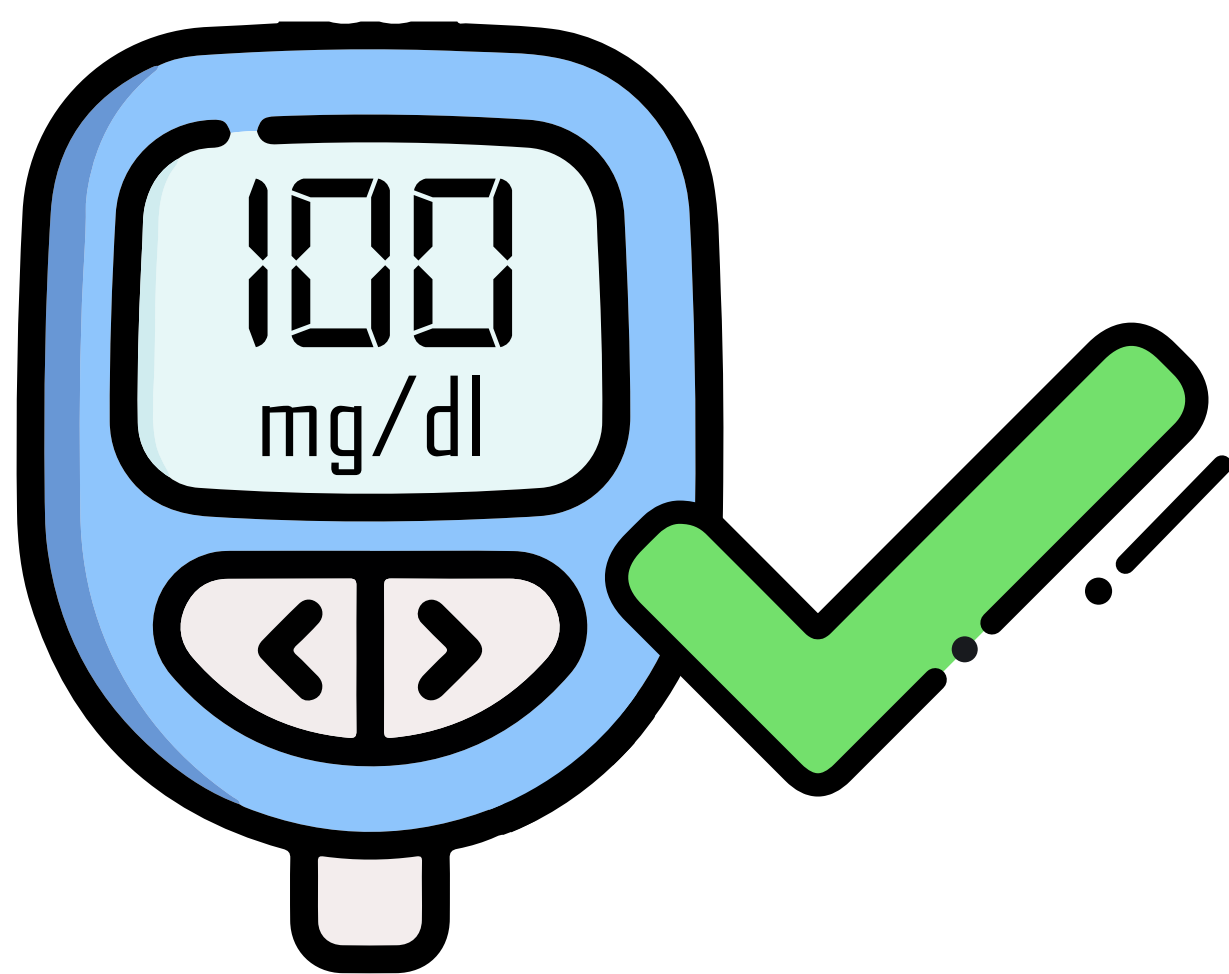
The **STAGGERED METHOD INCLUDES** checking glucose before and after one meal per day

Staggered SMBG Regimen

	Pre Breakfast	Post Breakfast	Pre Lunch	Post Lunch	Pre Supper	Post Supper	Bedtime
Monday	X	X					
Tuesday			X	X			
Wednesday					X	X	
Thursday	X	X					
Friday			X	X			
Saturday					X	X	
Sunday	X	X					

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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