



Blood Sugar Testing

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Most people with diabetes test their blood sugars. Some test as often as 6-8 times a day while others may test only once or twice a week. How often one test is determined by several factors: how diabetes is managed-using a pump, several injections of insulin a day, oral agents and insulin or diet alone; How good is the control of the blood sugar; availability of strips; and one's willingness to test.

Why do you test? The purpose of testing one's glucose is to use the information to make changes with either diet, medication or exercise to try to maintain glucose as close to your target range as possible, avoiding

very low (hypoglycemia) and very high (hyperglycemia) glucose. This means you should record your readings and bring your book to every doctor visit. It also means that if you notice a change in your readings – a trend of higher or lower glucose – you should examine what you are doing. Ask yourself: Have your eating habits changed? Are you doing less exercise? Are you getting ill? Make sure your meter is clean, correctly coded and that your strips have not expired.

If you know you are eating more or less, you should get back on your diet or exercise program to see if things

improve. If the readings don't improve after following the proper nutritional guidelines, you should contact your physician.

If your glucose readings are never used to make changes in your treatment plan, you are wasting your time, effort and money.

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