



WHEN SHOULD I TEST MY BLOOD GLUCOSE?

Your doctor and diabetes healthcare team will work with you to develop a testing schedule that best suits your particular needs. Most schedules include a test before breakfast (a fasting blood glucose) and various combinations of testing before and/or after meals and at bedtime throughout the week. It is very important to follow your schedule and record your readings as well as any activities (e.g. changes in diet or exercise) that may have affected your reading.

HOW CAN I REDUCE THE PAIN ASSOCIATED WITH GETTING BLOOD FROM MY FINGERTIPS?

Many people don't look forward to the process of 'pricking' their finger to get a drop of blood for glucose testing. Following are a few hints to make this procedure less of a chore:

- Avoid using rubbing alcohol because repeated use will thicken the skin. It is better to wash your hands in warm, soapy water just before getting your drop of blood. You should hang your hand down before sticking your finger to get the blood down to the tip. You can also 'milk' your finger by stroking (not squeezing) your finger from the knuckle to the tip before lancing.
- There are many different lancing devices on the market. Your PROfile Pharmacist or diabetes educator will be happy to explain the differences to you. For example, some devices allow you to puncture lightly or more heavily according to your need. Some newer monitors allow you to take blood from places other than the fingertip, which may involve less pain.
- You should use a variety of spots and fingers to get a drop of blood. You should use the sides of your fingers instead of the soft center because there are less nerve endings there and you will feel less pain. After the finger prick, apply firm pressure to the side of the finger to prevent further bleeding and possible bruising which may lead to more pain.
- Using hand lotion regularly will help to soften and comfort your fingertips between blood glucose readings. Be sure to wash the lotion off before the next test as it may interfere with your reading.



WHERE TO FIND MORE INFORMATION

The Canadian Diabetes Association

National Office:
 15 Toronto St., Suite 800
 Toronto, Ontario M5C 2E3
 Phone: 1-800-226-8464 for the regional office nearest you or visit their website.
 e-mail: info@diabetes.ca
 www.diabetes.ca

American Diabetes Association

ATTN: National Call Center
 1701 North Beauregard St.
 Alexandria, Virginia USA 22311
 Phone: 1-800-342-2383
 e-mail: AskADA@diabetes.org
 www.diabetes.org

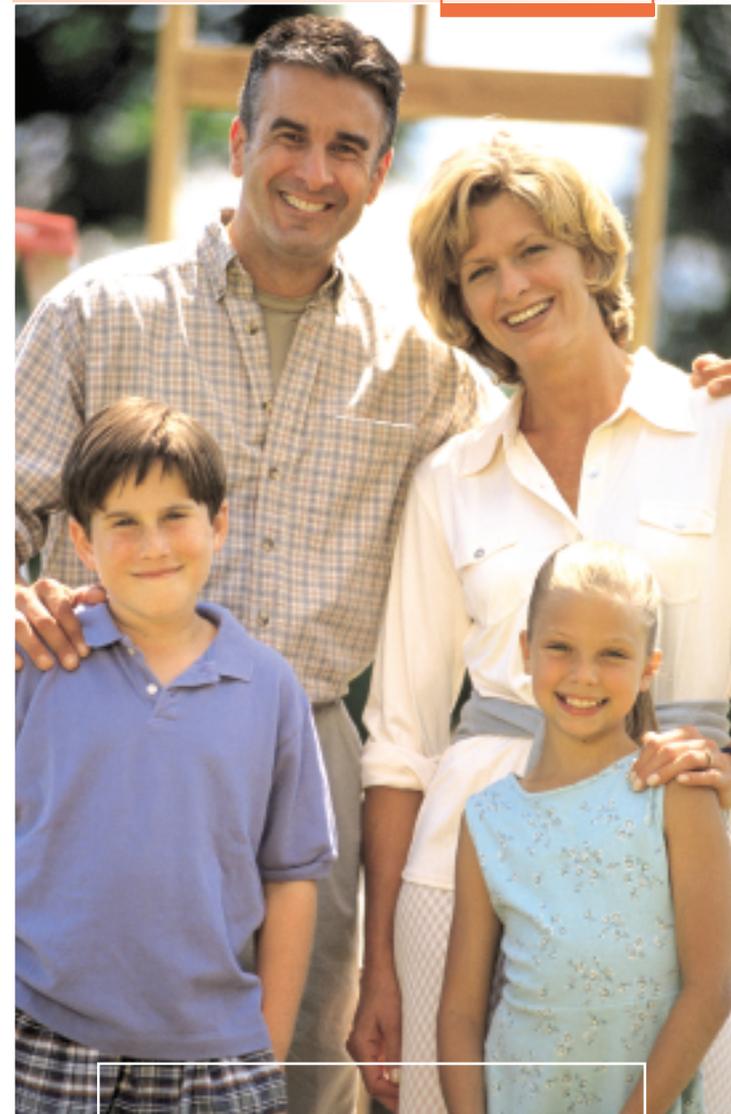
Juvenile Diabetes Research Foundation International

Phone: 1-800-533-CURE
 e-mail: info@jdrf.org
 www.jdrf.org

International Diabetes Institute

www.diabetes.com.au/home.htm

The information found in this PROfile health brochure is of a general nature only. It is not intended to replace the advice of your pharmacist, physician, or other healthcare provider. If you have questions relating to your specific health concerns, please contact your personal healthcare provider.



Your PROfile Pharmacist has many resources for diabetes education and is always available to discuss your health concerns!

EXCLUSIVELY AT



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Blood Glucose Monitoring



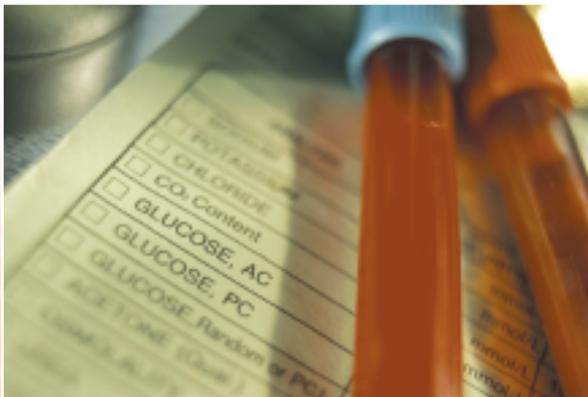


WHY DO I NEED TO KNOW MY BLOOD SUGAR (BLOOD GLUCOSE) LEVELS?

It is very important to keep a record of your blood glucose values on a schedule as recommended by your healthcare providers. Keeping track of your blood glucose values can be important for a number of reasons:

- It can help you, your doctor and your diabetes healthcare team make any necessary changes in medication, meal planning and exercise.
- It helps you to keep your blood glucose in a range that will prevent short-term symptoms of high or low blood glucose and long-term complications of high blood glucose such as kidney disease (nephropathy), eye disease (retinopathy), nerve disease (neuropathy) and heart disease.
- It can help you to understand how your food intake, insulin, stress levels, illness and physical activity affect your blood glucose levels.

Large scientific studies have shown that people who keep ‘tight’ control of their blood glucose are much less likely to develop long-term complications or diseases as described above. Your overall blood glucose control is measured by a special laboratory blood test. This measurement is known as glycated hemoglobin, or known simply as your A1C value. This value gives an average of how well your blood glucose was controlled over the past 3 months, and not just at the times of day you test it.



WHAT SHOULD MY GLUCOSE AND A1C VALUES BE?

The Canadian Diabetes Association recommends the following targets for blood glucose and A1C values:

	Fasting blood glucose/blood glucose before meals (mmol/L)	Blood glucose two hours after eating (mmol/L)	A1C (depending on lab)
Target for most people with diabetes	4.0 to 7.0	5.0 to 10.0	7% or less

These figures are only a guide. You should talk with your healthcare team to determine what your target levels will be.

SHOULD EVERYONE WITH DIABETES CHECK HIS OR HER OWN BLOOD GLUCOSE READINGS?

All people with diabetes can benefit from self-monitoring. Self-monitoring is an essential part of the diabetes management plan for:

- All people with type 1 diabetes.
- People with type 2 diabetes being treated with insulin or oral medication to lower blood glucose.
- All pregnant women who have diabetes or who have had high blood glucose readings while pregnant in the past (gestational diabetes).

HOW WILL I KNOW WHICH IS THE BEST BLOOD GLUCOSE METER FOR ME?

Your PROfile Pharmacist will be happy to assist you in choosing a blood glucose monitor that suits your specific needs. When making recommendations, the following will be taken into consideration:

- Monitors come in many sizes. Smaller monitors are better for people with an active lifestyle. A larger monitor may have a larger display that will make it easier to read for people with vision problems.
- Some monitors require a smaller sample of blood than others. Children and people with thick skin or who bleed slowly may do better with a monitor that requires less blood.



- Some monitors allow people to take blood from an area other than the fingertips. This is an advantage for people who need to monitor frequently, or who prefer an area where there may be less pain associated with the process of getting a drop of blood. It is important to note that taking a blood sample from the fingertips is recommended at times when your blood glucose values will quickly change, such as after a meal or during exercise, and if you think your blood glucose may be low.



- Most monitors have a memory that allows you to review a number of past readings. Some even allow you to ‘download’ readings onto your computer for more detailed analysis that includes the production of graphs.
- Some test strips are individually wrapped while others come in a vial or have multiple test strips contained on a disc or cartridge. People who have trouble with their hands, such as those with arthritis, may find it easier to load a cartridge instead of handling strips.
- Some monitors must be calibrated or “coded” each time a new package of strips is used. However, most new machines save people this step by calibrating automatically.
- Blood glucose monitors are available at no charge from your PROfile Pharmacist with the purchase of test strips.
- Strips are available at a variety of price ranges. The ongoing cost is the testing strip, which may or may not be covered on your insurance plan.
- If English is a second language, some monitors offer languages other than English.
- Most importantly, you should feel comfortable using your monitor. Be sure you understand exactly how to use your monitor before you leave the pharmacy. Your PROfile Pharmacist is happy to address your questions!