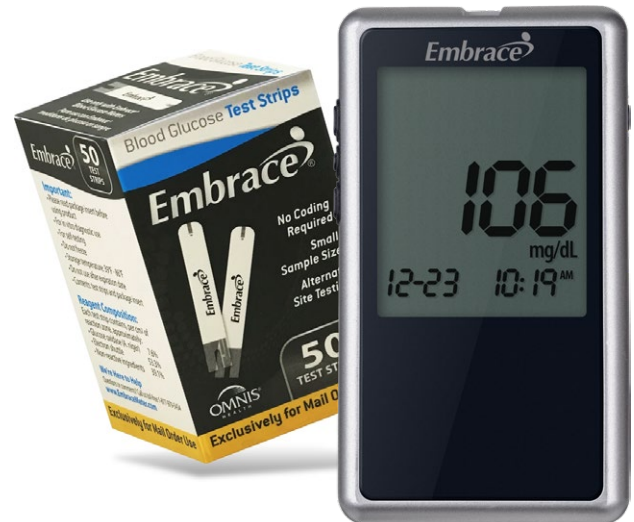




Understanding Blood Glucose Monitoring

Why Monitor Blood Glucose?

- **Assess Treatment Effectiveness:** Blood glucose monitoring helps you evaluate the effectiveness of your current diabetes management plan.
- **Prevent Complications:** Consistent monitoring can help prevent serious long-term complications such as heart disease, kidney disease, nerve damage, and eye problems.
- **Identify Trends:** Tracking blood sugar patterns can help identify trends, such as spikes after certain meals or during periods of stress.
- **Adjust Treatment as Needed:** Based on your blood sugar readings, you can adjust your insulin dose, meal plan, or exercise routine to achieve better control.



How Often Should You Monitor Your Blood Glucose?

The frequency of blood glucose monitoring depends on various factors, including your type of diabetes, treatment plan, and overall health. However, here are some general guidelines:

- **Type 1 Diabetes:** You may need to check your glucose several times throughout the day, especially before and after meals and at bedtime.
- **Type 2 Diabetes:** You may need to check your glucose less frequently, but more during times of stress or illness.
- **Pregnant Women with Diabetes:** May need to monitor their blood sugar levels more frequently to ensure optimal fetal development.

Choosing the Right Blood Glucose Meter

When choosing a blood glucose meter, consider the following factors:

- **Ease of Use:** The meter should be easy to operate, especially for individuals with dexterity issues.
- **Accuracy:** The meter should provide accurate readings to ensure effective diabetes management.
- **Blood Sample Size:** A smaller blood sample size can minimize discomfort.
- **Memory Capacity:** The meter should be able to store a sufficient number of readings for analysis.
- **Additional Features:** Some meters offer features like data tracking, smartphone connectivity, and voice guidance.

Tips for Effective Blood Glucose Monitoring

- **Wash Your Hands:** Clean hands can prevent inaccurate readings.
- **Use the Correct Technique:** Follow the manufacturer's instructions for using the lancing device and test strips.
- **Store Test Strips Properly:** Keep test strips in a cool, dry place to maintain accuracy.
- **Calibrate Your Meter:** Calibrate your meter regularly according to the manufacturer's instructions.
- **Record Your Results:** Keep a detailed log of your blood sugar readings, along with information about meals, exercise, and medications.



Let ADS Support Your Diabetes Journey

At Advanced Diabetes Supply (ADS) and US MED, we're committed to providing you with the highest quality diabetes supplies and care. From glucose meters to insulin pumps, we offer a wide range of products to help you manage your diabetes effectively

We're committed to your health. Contact us today for more information.



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