



Why You Need a Blood Glucose Meter

Monitoring your blood glucose levels with a meter helps you track changes, make informed health decisions, and prevent complications.

Why Monitoring Matters

Diabetes is a chronic condition that can affect the heart, blood vessels, kidneys, eyes, and nerves. People living with diabetes are at a higher risk for:

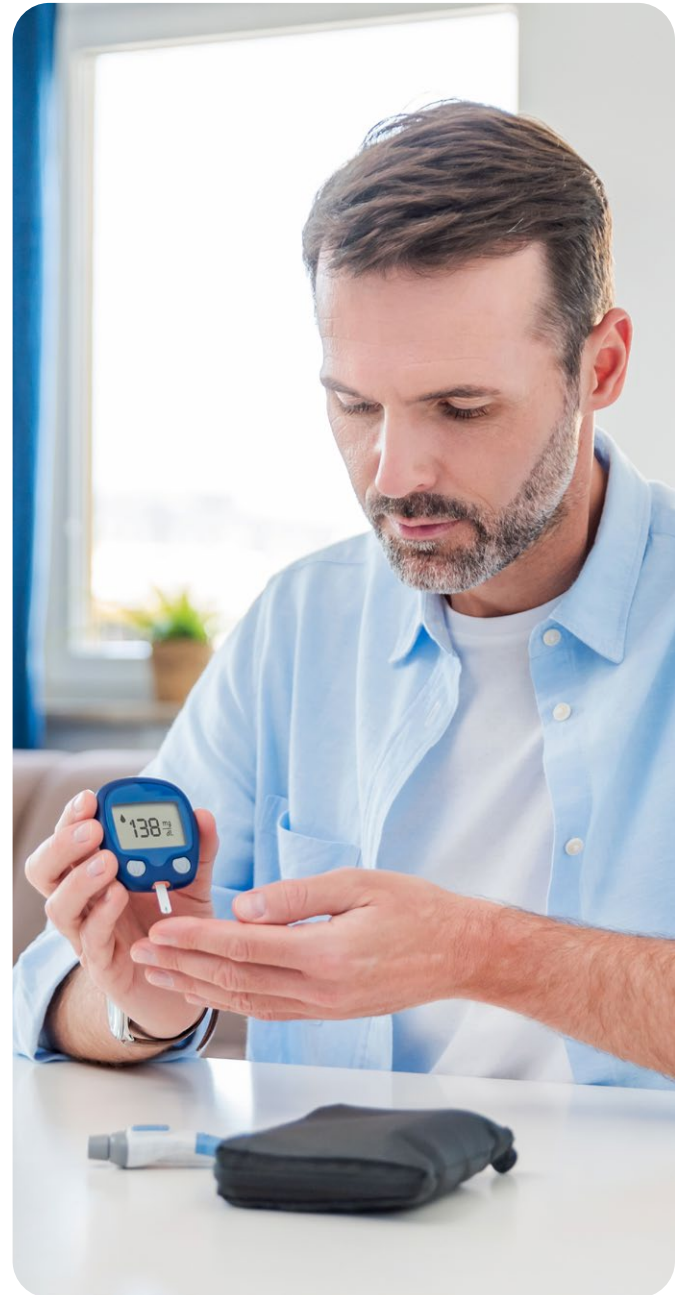
- Heart disease and stroke
- Kidney failure
- Vision loss
- Foot ulcers and infections

Keeping track of your glucose levels can help you take early action through diet, exercise, and lifestyle changes.

How a Blood Glucose Meter Helps

A blood glucose meter is a small, portable device that measures your blood sugar levels quickly and accurately. Factors like diet, exercise, stress, and even sleep can affect your glucose levels. Regular monitoring can help you:

- **Manage Blood Sugar Better** – Testing after meals, exercise, and medication helps you understand how your body responds and what adjustments you may need to make.
- **Detect Hypoglycemia Early** – Low blood sugar (hypoglycemia) can be dangerous, especially for those on insulin. Monitoring helps catch low levels before they become serious.
- **Prevent Complications** – High blood sugar (hyperglycemia) over time can lead to serious health issues. Regular testing allows you to take action before problems arise.



Choosing and Using a Blood Glucose Meter

- Look for a compact and easy-to-use model that fits your needs.
- Be mindful of test strip costs, as they are a recurring expense.
- Always use fresh test strips—expired strips can give inaccurate readings.
- Follow proper testing techniques to ensure accuracy.

Tracking your blood glucose regularly can give you better control over your health and reduce the risk of complications. Talk to your healthcare provider about the best testing schedule for you.



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



Advanced Diabetes Supply

Website: www.advanceddiabetessupply.com

Patient Support: 1-866-422-4866

Email: customer care@northcoastmed.com



US MED

Website: www.usmed.com

Patient Support: 1-877-840-8218

Email: customerservice@usmed.com