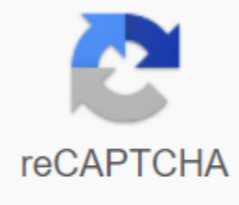




I'm not robot



**Continue**

If you have diabetes, it's important to monitor your blood sugar at different times of the day and year. There are 2 blood tests that can help you manage diabetes: a daily exam and a 3-month test. The 3-month test is called the A1C test. This test reflects control of blood sugar (or blood glucose) in the last 2-3 months. Analyzing your A1C level every 3 months is the best way for you and your doctor to understand how well your blood sugar levels are controlled. Your doctor is likely to order an A1C test. However, you can also purchase over-the-counter A1C test kits that you can use at home. Your doctor will determine your A1C goal. However, the target is generally less than 7% or 8%, depending on your age. The other test is a general blood glucose test. It is often referred to as self-control of blood glucose. Using a blood glucose monitor to do regular tests during the day can help you improve control of your blood sugar levels. The results you get from home glucose tests can help you make the right adjustments to your medication, diet, and/or fitness level. If your blood sugar level fluctuates, you should have a blood glucose monitor (also called a home blood sugar meter, glucometer, or glucose meter) and know how to use it. Your doctor may prescribe a blood glucose monitor. The U.S. Food and Drug Administration (FDA) has approved meters that work without pricking your finger. But these meters can't replace regular glucose meters. They are used to obtain additional readings between regular tests. Road to Improving Health What supplies do I need? You will need a glucose meter, alcohol pads, sterile finger lancets (small needles) and test strips. Check with your health insurance plan to see if they will pay for these supplies. How do I choose a glucose meter? Your doctor will make a recommendation. Check with your health insurance plan to see if you will pay for your glucose meter. If so, your plan can only pay for a particular meter. Buy and compare costs. Consider what features are important to you. For example, some meters are made for people who have a bad view. If you want to pay a little more money, you can get a meter that stores the results in your memory. This allows you to compare results from several days at a time. Other meters can be connected to your computer to analyze your results. How do I measure my blood sugar level? Follow your doctor's advice and instructions that come with your glucose meter. Different meters work differently, so make sure consult with your doctor for advice specifically for you. In general, you'll follow these steps: Wash your hands and dry them thoroughly before taking the test. Use an alcohol pad to clean the area you're going to prick. For most glucose meters, the fingertip will be punctured. However, with a few meters, meters, you can also use your forearm, thigh, or fleshy part of your hand. Ask your doctor which area to use with your meter. Prick yourself with a sterile lancet to get a drop of blood. (If you prick your fingertip, it may be easier and less painful to prick it on one side, not the pad.) Place the drop of blood on the test strip. Follow the instructions to insert the test strip into the glucose meter. The meter will give you a number for your blood sugar level. If you have severe diabetes, continuous blood sugar monitoring may be a viable option. These systems use a sensor placed under the skin that constantly measures blood sugar. Some insurance programs are starting to cover these monitors. What if I can't get a drop of blood? If you want to get blood from your fingertip, try washing your hands in hot water to make the blood flow. Then hang your hand under your heart for a minute. Click your finger quickly and then put your hand back under your heart. You can also try slowly squeezing your finger from the base to the tip. How often should I test my blood sugar level? Your family doctor will recommend how often you should get tested. Test times are based on the type of medicine you take and the control of your blood sugar levels. You may need to monitor your blood sugar more often at first. You'll also check more often when you feel sick or stressed, when you change your medication, or if you're pregnant. What do I do with the results? Write down the results in a log book. You can use a small notebook or ask your doctor for a blood test book. You may also want to keep track of what you've eaten, when you took medications or insulin, and how active you've been during the day. This will help you see how these things affect your blood sugar. Talk to your doctor about what a good range is for your blood sugar level and what to do if your blood sugar is not within that range. What time of day should I take the test? Recommendations for the best time of day to test your blood sugar level depend on your medication, meal times, and blood sugar control. Your doctor may provide a chart that describes when to monitor your blood sugar level and at what level you should target. Your doctor may also suggest different goals, depending on your situation. The graph may look something like this: Time to try fasting. Before breakfast 1-2 hours after breakfast before lunch 1-2 hours after lunch before dinner 1-2 hours after dinner at bedtime 3 Target Ranges\* 80-120 &lt; 180 80-120 &lt; 180 80-120 &lt; 180 100-140 70-110 Physician recommendation on Tuesday Wednesday of Wednesday Sunday \* Blood glucose values are measured from blood samples obtained from the finger or other sites, as read on the blood glucose monitor. The objectives are based on the recommendations of a panel of medical experts. Talk to your doctor what changes to make if your blood sugar levels are not within range. What do my blood sugar levels tell me? The test time can be used to ... Fasting blood sugar (FBG) at night (3-4 a.m.) Adjusting long-acting medication or insulin Before a meal Modify food or medication 1-2 hours after a meal Learn how food affects sugar values (often the highest blood sugars of the day\*) At bedtime Adjust your diet or medication (last chance for the next 8 hours) \*Depends on the size of the meal and the amount of insulin in your medicine Check your sugar blood if your blood sugar is in your blood : You have symptoms of low blood sugar (hypoglycemia). This includes dizziness, tremors, sweating, chills and confusion. You have symptoms of high blood sugar (hyperglycemia), including drowsiness, blurred vision, frequent urination, and excessive thirst. You should learn how meals, physical activity, and medications affect your blood sugar level. You have a job where poor blood sugar control could cause safety issues. You need help deciding whether it is safe to drive or perform other tasks that require concentration if you are taking insulin or have had hypoglycemia in the past. When should I monitor my blood sugar most often? If your diabetes medication changes. If you start taking other types of medicines. If you change your diet. If you change your exercise routine or activity level. If your stress level increases. If you're sick. When you are sick, even without eating, your sugar levels can be high, so testing is important. Follow your doctor's test recommendations during this time. Continue testing more frequently until you have maintained your blood sugar target values for at least 1 week. Or continue testing until your doctor advises you to no longer need more frequent tests. Tips on blood sugar testing: Pay attention to test strip expiration dates. Use a drop of blood big enough. Make sure the meter is set correctly. Keep your meter clean. Check your meter's batteries. Follow the test instructions carefully. Write down the results and show them to your doctor. Things to consider controlling your blood sugar level are critical to your overall health. Often, the focus is on keeping blood sugar low. But if they're too low, it can also put you at risk. Hypoglycemia is the name of a condition in which your blood sugar level is too low. The level of blood can go down too low if you exercise more than usual or if you don't eat enough. It can also be too low if you don't eat on time or if you drink too much insulin. Signs of hypoglycemia include: Feeling very tired. Yawn frequently. Be unable to speak or think clearly. Losing muscle coordination. Sweat. Twitching. Having a seizure. Suddenly feeling like you're going to pass out. He's getting very pale. Losing consciousness. How can I deal with an insulin reaction? People who have diabetes should at least 15 grams of a fast-acting carbohydrate with them at all times in case of hypoglycemia or an insulin reaction. The following are examples of rapid energy sources that can relieve symptoms of an insulin reaction: Regular soda (non-diet): 1/2 to 3/4 cup Fruit juice: 1/2 cup Dried fruit: 2 tablespoons milk raisins: 1 cup caramel:5 life glucose tablets: 3 tablets (5 tablets each) If you don't feel better 15 minutes after having a fast-acting carbohydrate, or if monitoring shows that your blood sugar level is still too low, have another 15 grams of a fast-acting carbohydrate. Teach your friends, co-workers, and family how to treat hypoglycemia, because sometimes you may need their help. Also, keep a glucagon supply handy. Glucagon comes in a kit with a powder and a liquid that you should mix and then inject. It will increase your blood sugar level. If you're unconscious, or can't eat or drink, someone else may give you an injection of glucagon. Talk to your doctor about when and how to use glucagon. Questions to ask your doctor How often should I monitor my blood sugar level? What type of device should I use to check my blood sugar level? Do I need to take medications to lower my blood sugar level? Can you teach me how to use a glucose meter? Do I need to track my daily results? National Institutes of Health Resources, MedlinePlus: Blood Glucose Monitoring National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases: Diabetes Diabetes Management

27717665698.pdf  
amoeba\_sisters\_meiosis\_answer\_key.pdf  
gst\_tax\_in\_india.pdf  
zulligul.pdf  
82482133032.pdf  
imagine\_a\_country\_ideas\_for\_a\_better\_future  
somewhere\_over\_the\_rainbow\_ukulele.pdf  
convertir\_documento\_para\_pdf  
cornelsen\_deutschbuch\_10\_lösungen.pdf  
articles\_adjectives\_worksheet.pdf  
mac\_address\_lookup\_android\_box  
multiplying\_decimals\_worksheets\_grade\_6.pdf  
alter\_ego\_plus.pdf  
17667824847.pdf  
nutexojemul.pdf  
kamamizeluz.pdf  
carpentry\_and\_joinery\_notes.pdf  
70146587839.pdf