

# Monitoring What and Why?

Checking your blood sugar levels regularly gives you vital information about your diabetes control. Monitoring helps you know when your blood sugar levels are where they should be. The results help you to make adjustments to **food** and **activity** so that your body can be at its best. It can take a little time to figure out how the food you eat and your daily activities can affect your blood sugar.

## CCHP's Diabetes Management Program can help you learn:

- »» How to use a blood sugar (glucose) meter.
- »» When to check your blood sugar and what the numbers mean.
- »» What to do when your numbers are out of your target range.
- »» How to record your blood sugar results.

Checking your blood sugar is an important part of diabetes self-care, but monitoring your overall health includes a lot of other things too, especially when you have diabetes.

## You and your doctor will also need to monitor you:

- »» Long-term blood sugar control—**A1C**
- »» Cardiovascular health—**blood pressure, weight, cholesterol levels**
- »» Kidney health—**urine and blood testing**
- »» Eye health—**dilated eye exams**
- »» Foot health—**foot exams and sensory testing**

The American Diabetes Association recommends an **A1C target below 7%** (an average blood sugar of 154 mg/dl) If you want to see how your body responds to your meal, wait 1-2 hours after eating to check your blood sugar levels. Your blood sugar rises in response to what you've eaten. It takes about 2 hours for the numbers to reflect the full rise.



Wash your hands with soap and water and dry them thoroughly with a clean cloth before checking your blood sugar. Things like dirt, food, or lotion on your skin can cause wrong results.



When traveling, keep your supplies with you. It may help to advise security personnel that you are carrying diabetes supplies.



If you have trouble affording the test strips, call the toll-free number on the back of your meter to see if coupons are available or call us to see about other possible options.



Remember, the way you feel does not always reflect what your blood sugar is doing. The only way you know is to **check your numbers!**

- »» Check your blood sugar levels as directed to share with your doctor or diabetes nurse.
- »» It's helpful to follow a schedule, keep a record of your daily levels, and use the numbers to make decisions about your diabetes care.
- »» Check your blood sugar levels if you think you're getting sick.

### When you check your blood sugar levels:

- »» Keep a record and take it to every medical appointment.
- »» Try to identify patterns when your blood sugar goes up or down. If needed, call the disease management nurse for help.

If your numbers aren't at goal, don't get upset. This is useful information that can help your doctor better care for you. If you develop a regular schedule and follow it, you can learn how your blood sugar levels affect how you feel. You'll start to recognize unhealthy blood sugar trends before they get out of control.

### What is your typical day like, in terms of eating, activity, and diabetes medication?

*(Record it in the space below or your own notebook)*

	Activity	Eating	Medication
6:00 a.m.			
7:00 a.m.			
8:00 a.m.			
9:00 a.m.			
10:00 a.m.			
11:00 a.m.			
12:00 p.m.			
1:00 p.m.			
2:00 p.m.			
3:00 p.m.			
4:00 p.m.			
5:00 p.m.			
6:00 p.m.			
7:00 p.m.			
8:00 p.m.			
9:00 p.m.			
10:00 p.m.			