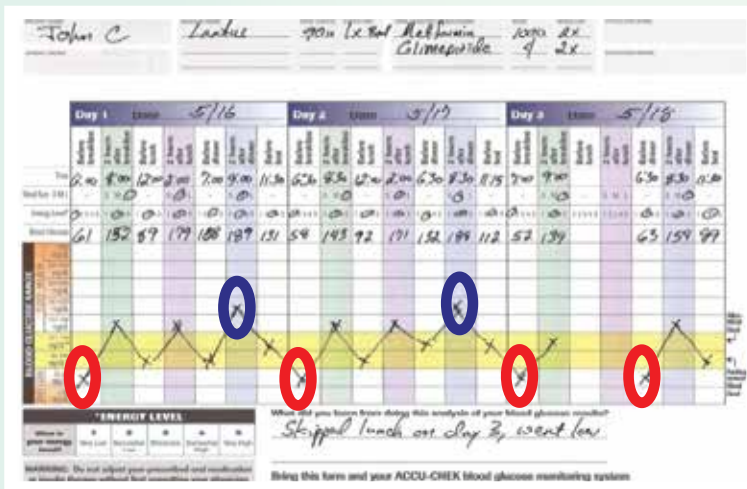


Examples of Patterns Analysis Identification of Problems

Hyperglycemia



Hypoglycemia



Tips and Points

- Self-monitoring of blood glucose is the most efficient and effective way to take control of your diabetes
- Both Diabetic type 1 and 2 benefit from self-monitoring
- Diabetes customized and accurate monitor is important
- SMBG allows you to get optimal blood glucose results that lead to less risk of short and long term complications
- There are new ways to analyze results with user friendly electronic diaries

Tips to Make Pricking Fingers With a Lancing Device Easier

- Ensure hands are **clean and dry**.
- Lance on the **side of the fingertip** rather than the pad.
- **Keep the skin** stretched by pressing the lancing device firmly against the skin.
- **Select a penetration depth** as shallow as possible but still produces blood.
- Alternate fingers **daily** and take the necessary steps to ensure **good blood circulation**.
- Use a fresh new lancet every time.

For more about the range of free diabetes information brochures, call the Accu-Chek Customer Careline:

Roche Diabetes Care Middle East FZCO, PO Box 263990 Dubai, UAE
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Or visit our website www.accu-chekarabia.com for more information about diabetes.

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What is SMBG

And why measure blood glucose?



Essential advice for people with diabetes from Accu-Chek

What is SMBG?

SMBG means Self Monitoring of Blood Glucose. If you have diabetes, testing your blood glucose (also called blood sugar) is an opportunity for you to take control of your health.

Checking your blood glucose is one of the best ways to know how well your diabetes treatment plan is working.



So, When Should I Test and How Many Times a Day?

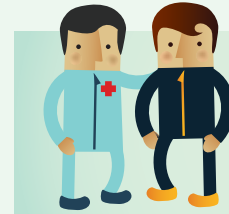
People with type 1 and 2 diabetes who maintain normal or near normal blood glucose levels have a lower risk of diabetes-related complications than those who have high blood glucose levels.

If you are a type 1 diabetic, frequent testing is the only way to safely and effectively manage blood glucose levels.

You may need to test at least four times per day depending on how many insulin injections you take.

If you use an insulin pump, give three or more insulin injections per day, or woman with type 1 diabetes who is pregnant, you may need to test as many as seven times per day or more.

If you are a type 2 diabetic, blood glucose monitoring is also important. The recommendations for how often you should test are based upon individual factors such as type of treatment (diet versus oral medication versus insulin), level of glycated hemoglobin (HbA1c), and treatment goals.



Your healthcare professional can help you determine how frequently to test

New data have shown that structured 7 points 3 days testing is highly effective to improve blood glucose, lower HbA1c and reduce short and long term complications. Ask your doctor about a structured glucose monitoring plan.



But Why is It Important?

It aids in fine-tuning of blood sugar levels through adjusting treatment



It enables tighter blood sugar control, which decreases the long-term risks of diabetic complications.



It allows you to be in-charge of your diabetes by knowing your blood glucose level at any time



It helps you to learn how food, activity levels, stress, medicine and insulin change blood glucose levels



It helps you identify and correlate symptoms of hyperglycemia and hypoglycemia with blood glucose values



It helps you to stay healthy



What to Look at When Buying an Ideal Blood Glucose Meter?

- Accurate results based on international standards
- Less blood sample
- Less painful finger stick device if possible
- Faster results
- Advanced features and technology including alerts, logging of data and Bluetooth connection

The issue of accuracy:

- The accuracy of a blood glucose monitor can be affected by several factors, including the type of blood glucose strip and meter.
- Ask your doctor or pharmacist about the accuracy of the meter and make common sense of the results based on your symptoms.

Understanding Your Blood Glucose Results

How to interpret your blood glucose results?

Analyzing patterns is a way to identify glycemic variations using the glucose data and then taking appropriate actions based on those results.

With pattern analysis your healthcare professional can:

- Establish before and after meal glucose targets
- Obtain data on glucose levels, carbohydrate intake, medication administration (type, dosage, timing), activity levels and physical/emotional stress

This will allow you:

- Analyze data to identify factors that influence glucose levels such as stress and exercise
- Implement appropriate action(s)

Pattern analysis can be done via a paper diary or electronic recordings downloaded to your phone or lap-top. This data can be shared with your doctor which will assess the success of your treatment and how well you are doing.