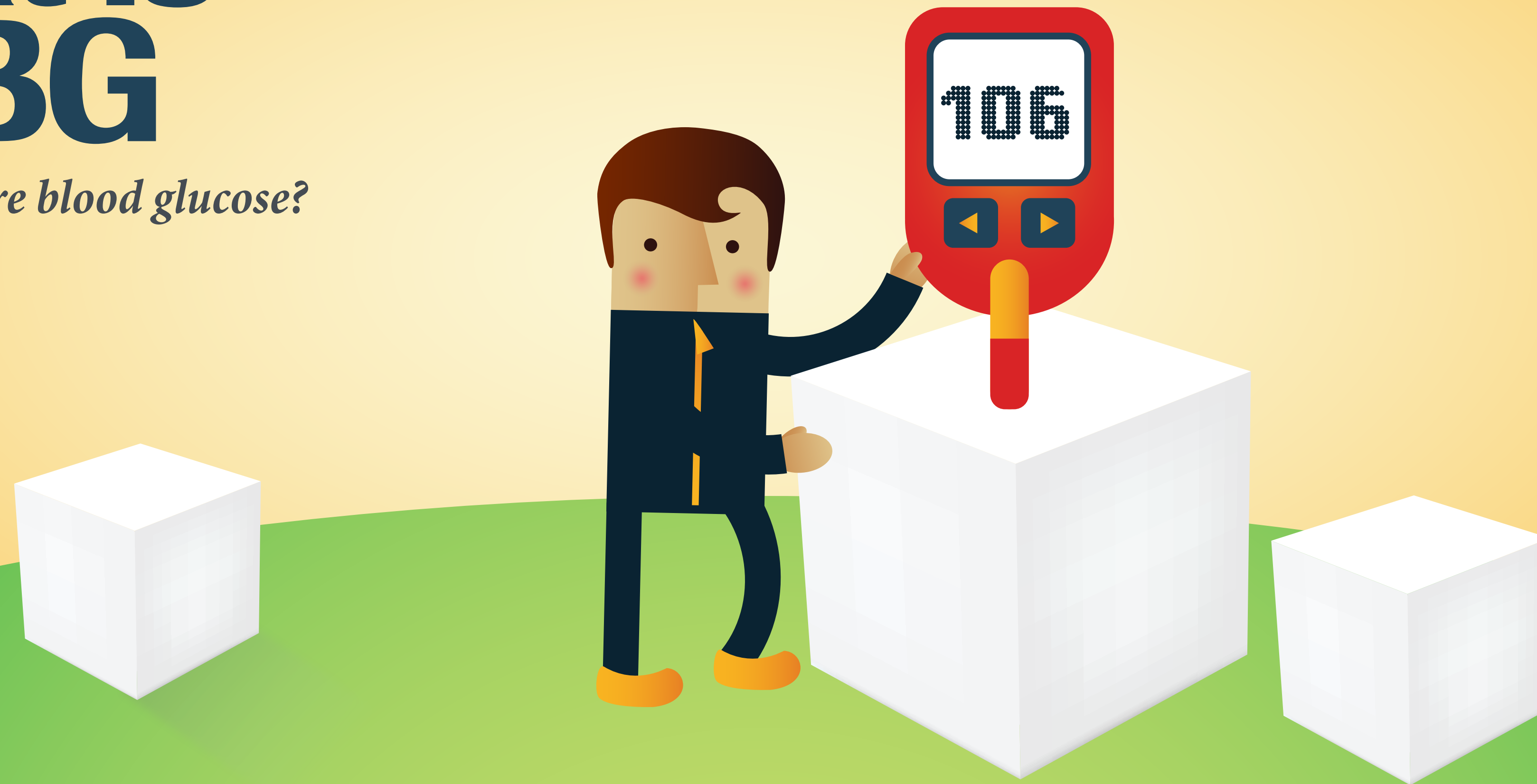


# What is SMBG

*And why measure blood glucose?*



Essential advice for people with diabetes from Roche Diabetes Care

# What is SMBG?

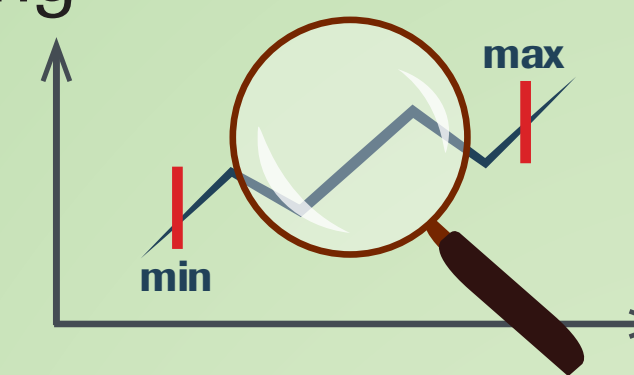


SMBG means Self Monitoring of Blood Glucose. If you have diabetes, testing your blood glucose (also called blood sugar) is an opportunity for you to take control of your health.

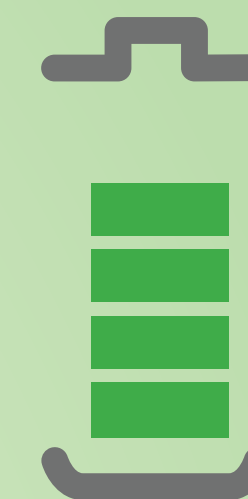
Checking your blood glucose is one of the best ways to know how well your diabetes treatment plan is working.

# Why is it important?

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



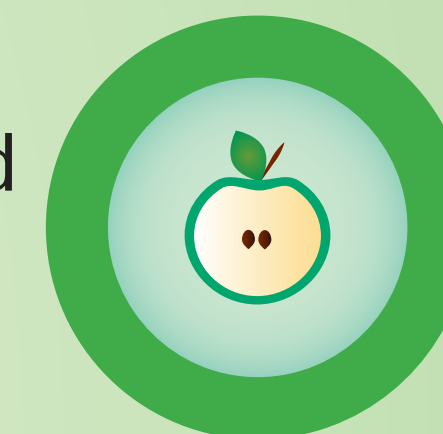
It enables tighter blood sugar control, which decreases the long-term risks of diabetic complications



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 to identify low blood glucose (hypoglycaemia) and high blood glucose (hyperglycaemia)



It provides helpful information to your healthcare team



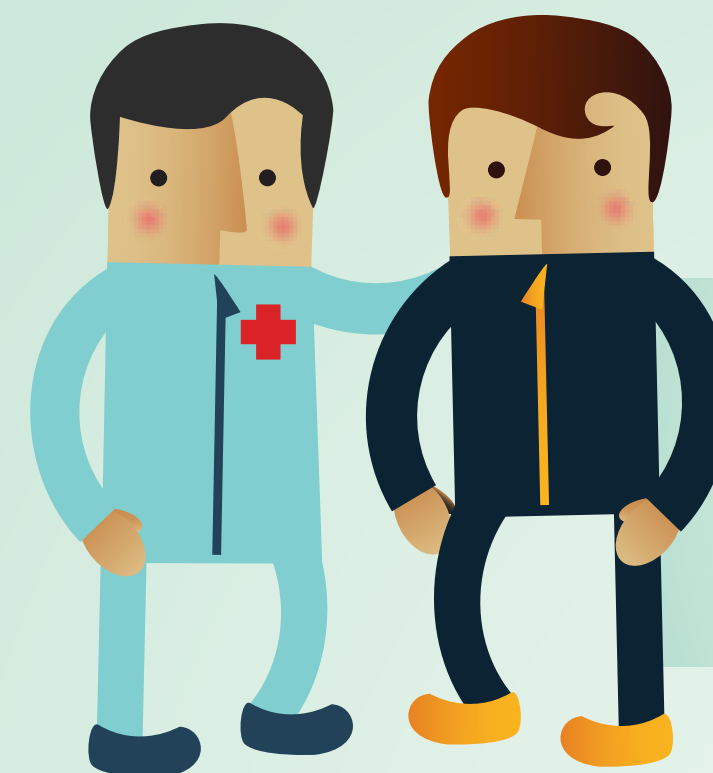
## When should I test and how often?

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 have type 1 diabetes,** frequent blood glucose monitoring is the only way to safely and effectively manage blood glucose levels. You may need to check at least four times per day depending on how many insulin injections you take.

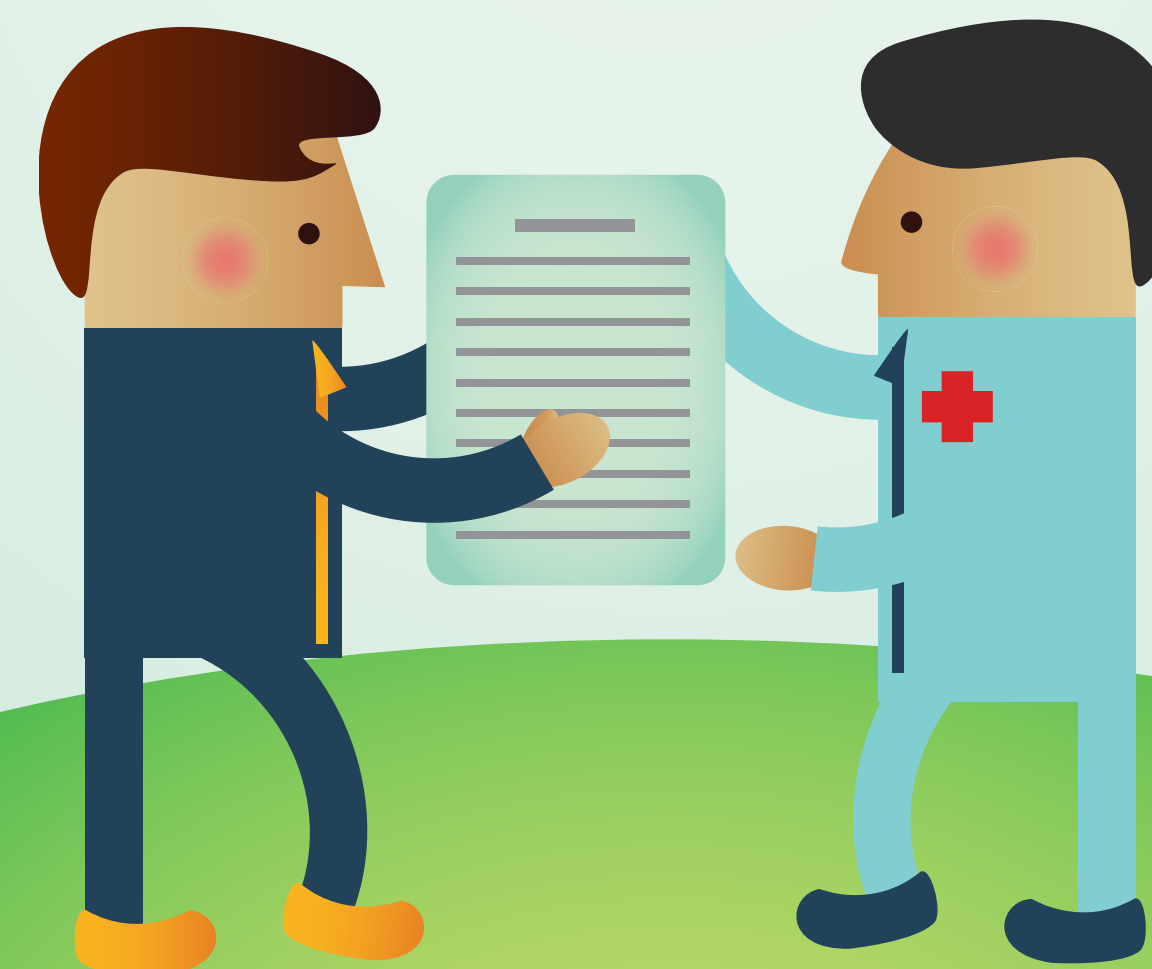
If you use an insulin pump, give three or more insulin injections per day, or woman during pregnancy, you may need to test as many as seven times per day or more.

**If you have type 2 diabetes,** 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 check your blood glucose**

Data have shown that structured 7 points 3 days testing is highly effective to improve blood glucose, lower HbA1c and and thereby reducing short and longterm complications. Ask your doctor about a structured glucose monitoring plan.



## Key Reminders:

- Self-monitoring of blood glucose is a critical part of diabetes management, with many benefits.
- Remember that one blood glucose value from a check does not tell you the whole story! When you consistently check at the right time in a structured manner, blood glucose patterns emerge. This can give you a better understanding of the fluctuations in your blood glucose, which are linked to your daily habits.
- Both people with type 1 and type 2 diabetes benefit from self-monitoring.
- It is important that you are using a blood glucose meter that meets international accuracy standards.
- Using a structured way of checking your blood glucose (for example, before and after each meal and at bedtime for three consecutive days) can help you reduce your HbA1c and have more meaningful conversations with your healthcare professional during your diabetes appointments. By achieving your HbA1c target you will reduce your risk of short- and long-term complications of diabetes.
- 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 **new lancet** every time.

## Key to look at when buying a glucometer?

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

Remember the following tips to ensure that you get the most accurate results on your blood glucose meter:

- Always wash and dry your hands thoroughly before checking your blood glucose. Any contamination of the skin with dirt, liquids (including water), or food can affect glucose readings.
- If you use disinfectant or alcohol wipes, let your skin dry thoroughly or wipe off moisture.
- Store your meter, test strips and all other system components as specified in the manual or the package insert of your bGM system.
- Check test strips to make sure that they aren't expired or damaged.

## Understand 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
- 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 laptop. This data can be shared with your doctor which will assess the success of your treatment and how well you are doing.

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*For more information please contact your healthcare professional.*

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