

Diabetes

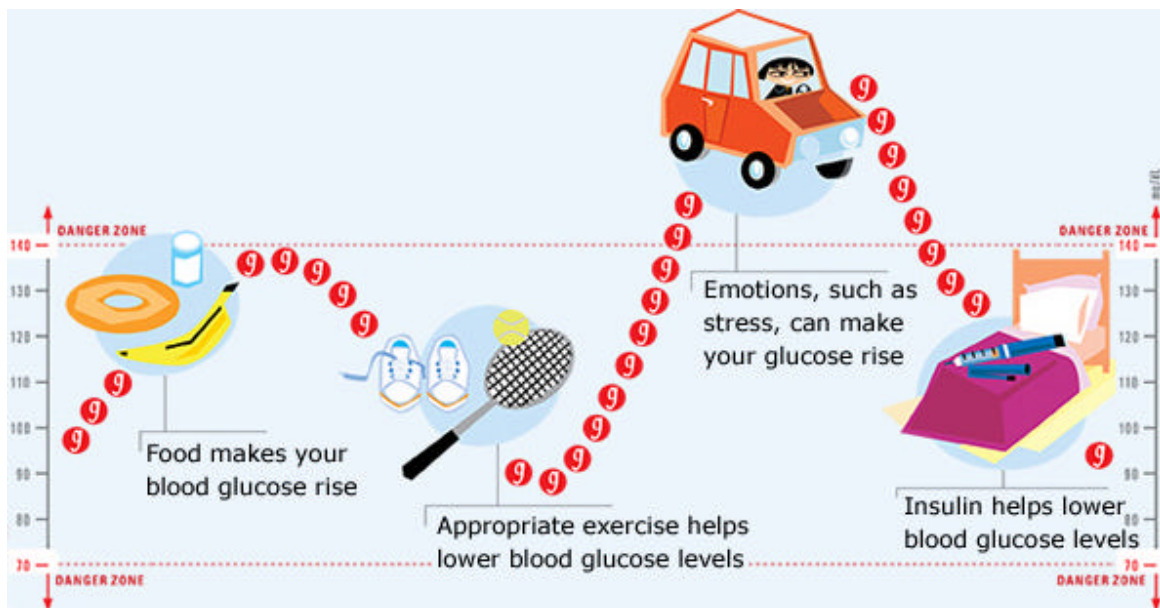
Information by Johnson & Johnson Medicals

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Why blood glucose levels change throughout the day

Your blood glucose levels change during the day. Blood glucose levels are affected by food, exercise, emotions, and insulin. However, you will not always feel your blood glucose level go up or down. One of the best ways to be certain that your blood glucose levels are maintained within your target range (within the Diabetes Safe Zone) is by regularly self-monitoring your glucose level.

Knowing your blood glucose levels at different times of the day can help you and your doctor see how well your meals, activities, medicines and insulin are working and what action to take.



*"Winning over diabetes" means managing your diabetes well with the help of your doctors so as to meet your life goals

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What is self-monitoring of blood glucose (SMBG)?

The best way to find out your blood glucose levels is by taking small samples of blood at key times throughout the day. Usually, you will need a pinprick sample of blood, a test strip and a blood glucose meter. This is called self-monitoring of blood glucose (SMBG).

Why self-monitor blood glucose?

Self-monitoring of blood glucose (SMBG) helps you manage the day-to-day highs and lows associated with diabetes. It will also help you spot the changes in how your body needs insulin over time. Bring your test results to your doctor. They provide critical feedback about how your treatment goals are being met.

How often should I self-monitor blood sugar?

Initially, your doctor will determine how often you should self-monitor. Expect to take several samples daily in the beginning. Once your treatment has been fine-tuned, you will settle into the routine of checking your blood glucose levels.

What is good control?

Ask your doctor to write down your glycemic goals. The American Association of Clinical Endocrinologists sets ideal glycemic goals for people with diabetes.

Fasting: <110 mg/dL (6.1mmol/L)³

2 hours after beginning a meal: <140 mg/dL (7.8mmol/L)³

Importance of accurate results

Before deciding if your meter is accurate, it's important to understand how accuracy is defined. As per an international standard, ISO 15197 Minimum Acceptable Accuracy Criteria Standards, a blood glucose meter is accurate if 95% of the meter test results fall within +/- 15 mg/dl of the lab test for glucose values under 75 mg/dl and if 95% of the meter test results fall within +/- 20% of the lab reference results for levels equal to or above 75mg/dl. Comparing a meter's test result with a lab test is the only valid method of determining whether or not your glucose meter is accurate.

Control Solution is used to test the accuracy of your meter and test strips. Applied to a test strip, control solution confirms that the meter's test results are in the expected range printed on the test strip vial. Control solution tests should be performed at least once a week, every time a new vial of test strips is opened, and whenever you suspect the meter or test strips may not be functioning properly.

Having a dependable blood glucose meter system means you get accurate results, and having accurate results mean that you and your doctor can plan well your therapy. This will keep your blood glucose out of the Diabetes Danger Zone.

Making lifestyle changes based on self-monitoring of blood glucose (SMBG)

When you have several daily self-monitoring test results to look at, you can tell if you and your doctor should change the amount of insulin or other medications that you take. Self-monitoring test results can also tell you if you should make changes to your diet and the amount of exercise or activity you get. Ask your doctor about making changes to your lifestyle.

Monitoring and recording results

The best way to keep track of test results is to keep a diabetes diary with handy worksheets, or use a blood glucose meter that stores the results in its memory.

Long-term control

During your regular visits with your doctor, he may have you get an HbA1C test. The HbA1C test measures the proportion of red blood cells

that have sugar attached to them. The American Association of Clinical Endocrinologists recommends targeting an A1C goal of $\leq 6.5\%$ for patients in general.⁴ When your blood glucose is too high, the sugar attaches itself irreversibly to your red blood cells. Because red blood cells live for 2 to 3 months, this test shows the average blood glucose levels over the lifetime of the red blood cells.

How to partner with your doctor in managing your diabetes

[Partnering With Your Doctor](#)

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OneTouch[®] Family Meters

OneTouch[®] Blood Glucose Meters are accurate, convenient and can make blood glucose testing less painful.* That's because we listen to customers and use this information to improve our products so that people can win over diabetes.** Whether you just need a test result, or you need more information to help you manage your diabetes, there's a OneTouch[®] Blood Glucose Monitoring System that's right for you.



OneTouch[®] Ultra[®] 2: A fast, gentle and simple way to help you see the effects of food on your blood glucose.

[Read more](#)



OneTouch[®] Ultra[™]: Testing made easy for everyone.

[Read more](#)



OneTouch[®] Horizon[™]: Simple meter with focused functionality. Great for beginners in home testing.

[Read more](#)



OneTouch™ SureStep™: Easy to handle and easy to read, featuring a big screen, a big button and a big test strip.

(Professional Product meant for in-hospital use)

[Read more](#)

*Allows for a less painful prick when used with OneTouch® Ultrasoft™ Adjustable Blood Sampler and OneTouch® Ultrasoft™ Lancets.

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<http://www.onetouchasia.com/in/en/about.php>

About LifeScan

For more than two decades, LifeScan, Inc. has been committed to improving the quality of life for people with diabetes. At LifeScan, we truly believe that caring makes the difference. By offering you this online experience, we hope we have given you just one more reason to believe in our commitment to diabetes care. And our commitment to you.

Over the years, our OneTouch® Systems have become a brand recommended by doctors, pharmacists and diabetes educators. Every day, more than three million people depend on our products for simple testing and accurate results.

Established in November 1986, LifeScan is headquartered in Milpitas, California. We also have manufacturing facilities in Milpitas, Puerto Rico, and Scotland, and employ more than 2500 employees worldwide.

Products

LifeScan pioneered the modern era of blood glucose monitoring with the introduction of OneTouch® Technology, which eliminated wiping and timing procedures. The OneTouch® brand offers everything you need to test: [blood glucose meters](#), [test strips](#), [lancing devices](#) and [diabetes management software](#). Our products are accurate, convenient and can help make testing less painful.*

Customer Care

LifeScan customers are among the most loyal in the industry. Their satisfaction is due in part to the superior support behind every LifeScan System. Highly trained professionals who answer questions about meter operation, self-monitoring, and diabetes in general provide top-notch Customer Service.

We value our customers' opinions and encourage feedback about our company and products. [Contact us today.](#)

Partnering with the Diabetes Community

LifeScan recognizes the importance of supporting and partnering with others to serve the broad needs of the diabetes community. We help advance all aspects of diabetes care, from improving patient education and training to the development of new, more effective drugs. For years, LifeScan contributions have helped increase diagnoses and search for the cure.

Shaping the Future of Diabetes Care

Discovery and innovation are critical to the future of diabetes care. Each year, LifeScan invests millions of dollars in basic and applied research for new product development. As a world leader in blood glucose monitoring for both home and hospital use, LifeScan is already working to bring you the next important advances in diabetes care, so you can live a life without limits.

*Allows for a less painful prick when used with [OneTouch® Ultrasoft Adjustable Blood Sampler](#) and OneTouch® Ultrasoft Lancets.