



AADE7™ SELF-CARE BEHAVIORS MONITORING

Checking your blood sugar levels regularly gives you vital information about your diabetes control. Monitoring helps you know when your blood sugar levels are on target. It helps you make food and activity adjustments so that your body can perform at its best. It takes some time and experience to figure out how your daily activities and actions affect your blood sugar.

Your diabetes educator 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 healthcare team will also need to monitor your:

- » Long-term blood sugar control—A1C, eAG
- » 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

DID YOU KNOW?

The American Diabetes Association recommends an A1C target below 7% (an eAG of 154 mg/dl); the American Association of Clinical Endocrinologists recommends less than 6.5% (an eAG of 140 mg/dl).

TRUE OR FALSE?

If you want to see how your body responds to your meal, wait 1-2 hours after eating to check your blood sugar levels.

TRUE. Your blood sugar rises in response to what you've eaten. It takes about 2 hours for the numbers to reflect the full rise.

Word Wall

METER:

A small device that is used to check blood sugar levels

LANCET:

A small needle used to get a blood sample

A1C:

A test that measures your average blood sugar levels during the past 2-3 months

ESTIMATED AVERAGE GLUCOSE (eAG):

The number of the A1C test changed into mg/dl like the blood sugar levels shown on your glucose meter

QUICK TIPS

Wash your hands with soap and water and dry them thoroughly before checking your blood sugar. Substances on your skin (like dirt, food, or lotion) can cause inaccurate results.

When traveling, keep your supplies with you. 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 ask your diabetes educator about other resources.



ACTIVITIES

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 educator.
- » 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 bring it to every health appointment.
- » Try to identify patterns when your blood sugar goes up or down.

If your numbers aren't at goal, don't get down. This is useful information that can help your healthcare provider match your treatment to your needs.

If you develop a regular schedule and follow it closely, you'll 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)*



	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.			