

# The Miami Times

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## Health & Wellness

### Keeping track of your blood glucose

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Monitoring blood glucose on a regular basis is very important if you have diabetes because it can help you stay healthy and prevent long-term complications of the disease. By tracking your blood sugar, you will be able to see how food, exercise, stress, medications and insulin affect your blood glucose level. You can use this information to respond to high blood sugar (hyperglycemia)

or low blood sugar (hypoglycemia) and make the necessary adjustments so you can feel your best.

The American Diabetes Association recommends blood glucose testing for anyone who has diabetes and:

- Takes insulin or diabetes pills
- Is pregnant or on intensive insulin therapy
- Has a difficult time controlling blood glucose levels



**ALADE**

• Has an extremely low blood glucose level or ketones from high blood glucose levels

• Has a low blood glucose level without the typical warning signs

There are two ways to measure blood glucose, the A1C test and self-monitoring of blood glucose (SMBG). The A1C test reveals your average blood sugar over the previous three-month

period. This test should be done at least twice a year, or more often if you have elevated blood glucose or your treatment plan changes.

The frequency and timing of SMBG testing will depend on the type of diabetes you have, how well you can control your blood sugar and your individual treatment plan as developed by your doctor. In general, people with type 1 diabetes should check their blood sugar at least three times a day. Those with type 2 diabetes should check their blood sugar at least twice a week. Please turn to **GLUCOSE 16B**

### Monitoring your blood sugar

#### GLUCOSE

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2 diabetes may need anywhere from one to three glucose checks daily. More frequent checks may be necessary if you are pregnant, or have an acute or chronic illness. Testing usually is done before meals, after meals and at bedtime.

Adults with diabetes should have an A1C level of less than seven. The recommended SMBG test result before a meal is between 70 to 130 mg/dL (milligrams per deciliter) and after a meal is less than 180 mg/dL. Numbers that are too low could be a sign of hypoglycemia and would require that you eat something. In these circumstances, you also may need to adjust your next insulin dose as well as future insulin doses. Hyperglycemia can occur if these levels are too high, in which case you may need additional insulin.

Testing kits and supplies, including alcohol pads, sterile

finger lancets and sterile test strips, can be purchased at a pharmacy without a prescription. Your doctor or nurse can recommend the proper equipment for you and teach you how to use it. You will need to write down test results in a record book so you can review this information with your doctor. You also may want to include what you have eaten, when you took insulin and how much, and how active you have been throughout the day. The more detailed your records are, the more help they will be for you and your doctor to manage your diabetes.

For more information about blood sugar monitoring or to download a blood glucose journal, visit the American Diabetes Association website at [www.diabetes.org](http://www.diabetes.org).

For more information about North Shore Medical Center's Diabetes Center please call 305-694-4844 or for a physician referral, please call 1-800-984-3434.