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3



MONITORING YOUR BODY

I. GLUCOSE SELF-MONITORING

A. When Should People with Diabetes Check Sugar Levels?

1. Feeling sick
2. Symptoms of high or low glucose.
3. Changing eating times or portion sizes.
4. Changing medicine or medication doses.
5. Under stress
6. Before and after exercise.
7. Traveling or altering their everyday routine.

B. Medical Test: A1c or eAG

Normal: 4 – 5.6%

Pre-diabetes: 5.7 – 6.4%

Diabetes: \geq 6.5%

Goal in diabetes: $<$ 7 %

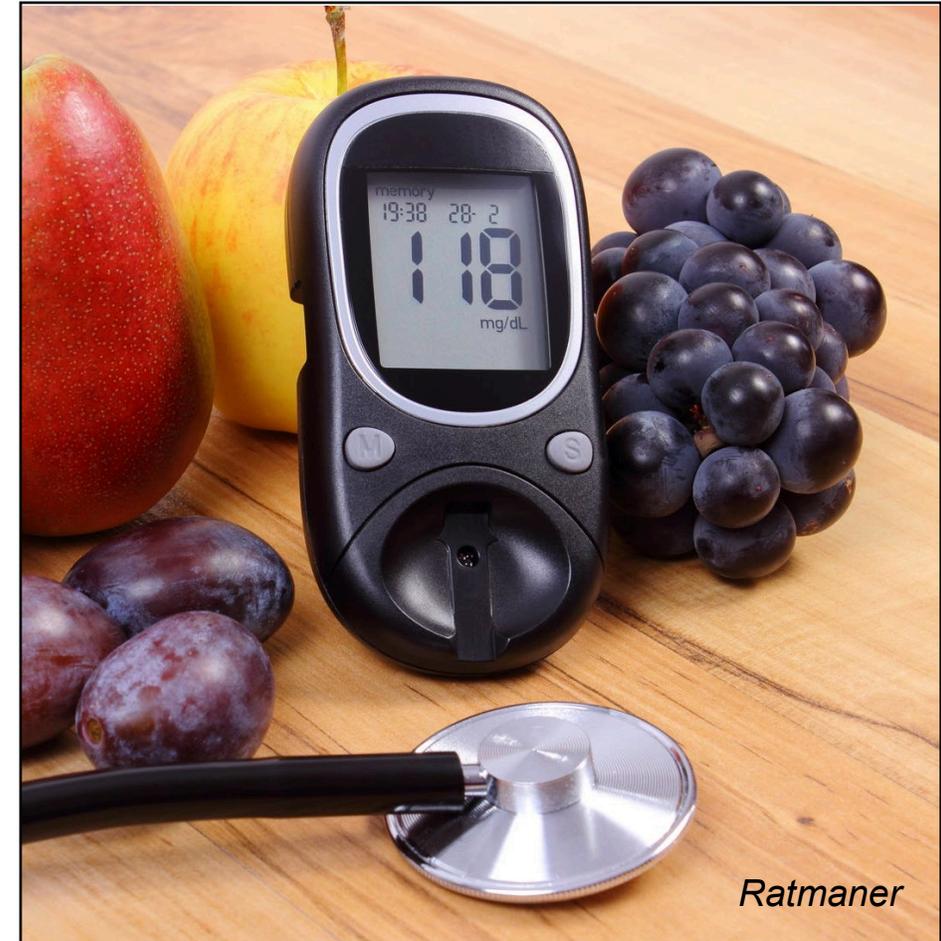


Jarun Ontakrai

Normal Fasting Blood Glucose: < 100 mg/dL

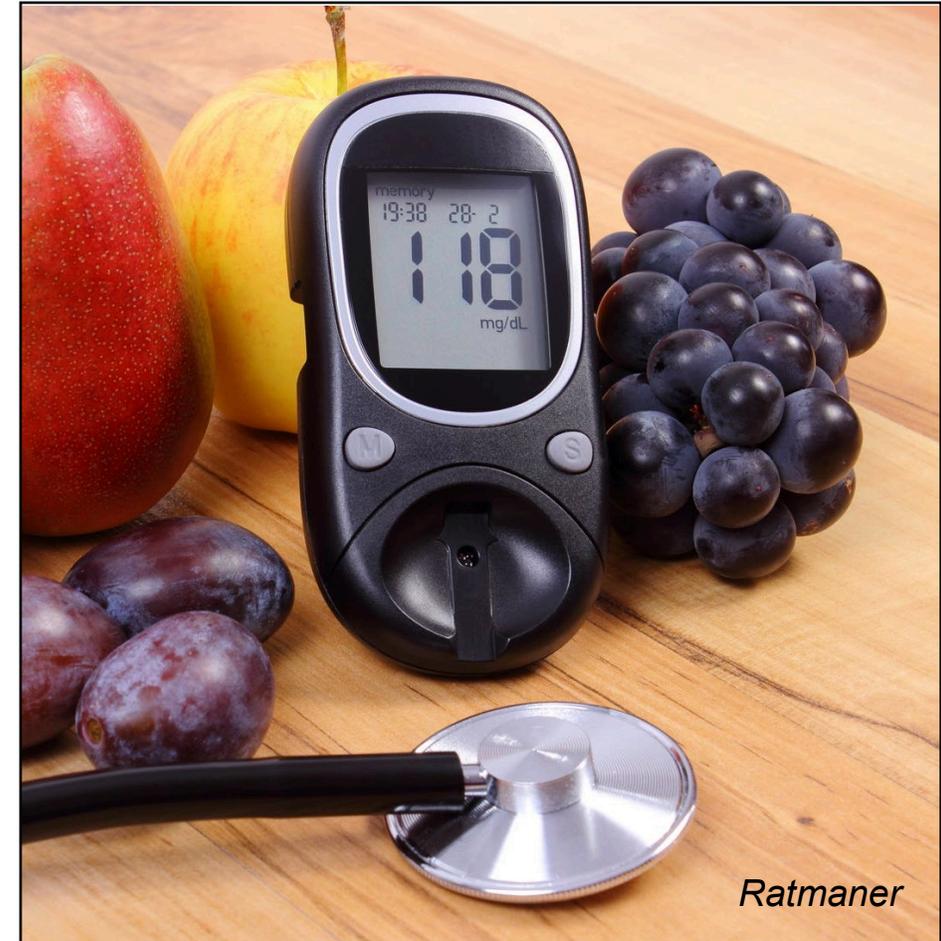
**Fasting Blood Glucose in Controlled Diabetes:
80 mg/dL – 130 mg/dL**

**2 Hour Blood Glucose in Controlled Diabetes:
< 180 mg/dL**



Hypoglycemia: < 70 mg/dL

Hyperglycemia Pre-Meal: > 130 mg/dL
Hyperglycemia After Meal: > 180 mg/dL



C. Estimated Average Glucose (eAG)

FORMULA: $28.7 \times A1c - 46.7 = eAG$

A1c	%	6	6.5	7	7.5	8	8.5	9	9.5	10
eAG	mg/dL	126	140	154	169	183	197	212	226	240

D. Necessary Materials for Checking Glucose Levels

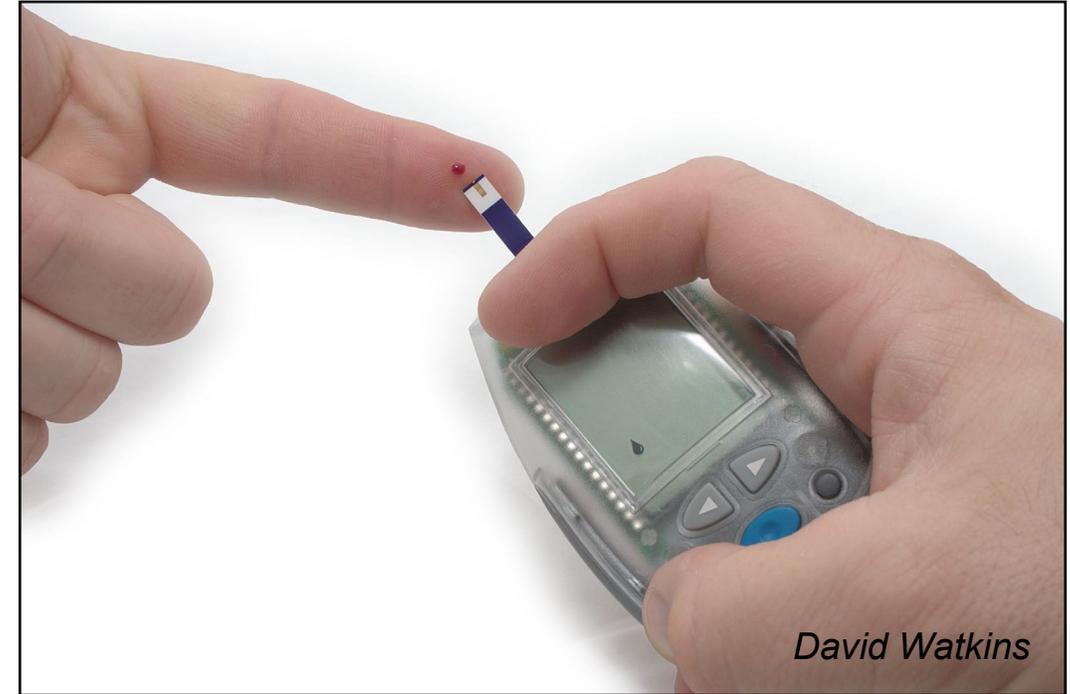
1. Glucose meter
2. Test strips
3. Lancet holder
4. Lancets
5. Notebook or diary
6. Instruction manual

For Safety:

- Alcohol swabs
- Latex gloves (for whoever does the exam)
- Sharps container (for needles, strips and lancets)

E. Steps to Check Glucose

1. Wash and dry your hands thoroughly.
2. Activate the glucose meter.
3. Insert the test strip.
4. Prepare the lancet.
5. Test the lancet holder.
6. Puncture your finger.
7. Place blood on the test strip.
8. Clean finger with alcohol swab.
9. Wait for and read results, then write them in notebook or diary.
10. Discard the alcohol swab, lancet and test strip.
11. Take health measures in case of high or low glucose levels.



F. Choosing a Glucose Meter

1. How much will it cost?
2. What is the cost of test strips?
3. How easy is it to use?
4. How many steps are there to follow?
5. Are the results easy to read?
6. How long does it take for results to show?
7. How much memory does it need?
8. Is it easy to maintain and clean?



II. HYPOGLYCEMIA

Low blood sugar is dangerous. If someone with diabetes feels these symptoms, they should use the meter:

1. Headache
2. Sweating
3. Dizziness
4. Shaking
5. Irritability
6. Weakness

If they have less than 80 mg/dl, they must ask for help immediately or call 911.

A. First Aid for Hypoglycemia

In case of hypoglycemia, a person with diabetes should:

1. Check glucose levels.
2. Immediately inform someone else that his/her glucose level is low.
3. Drink fruit juice or eat hard candy.
4. Check glucose levels after 15 minutes.
5. If there is no improvement, eat or drink more sugars.
6. Repeat glucose test every 15 minutes, symptoms should be improving.
7. If conditions worsen or if symptoms do not improve,

Call 911!



B. Preparing for An Emergency

1. Have an emergency plan.
2. Keep a package of glucagon ready or fruit juice and hard candy at hand.
3. Wear ID bracelet that states name, diabetes status, doctor's name and phone number or medical insurance.

III. HYPERGLYCEMIA

High blood sugar is also dangerous. People with diabetes have high blood sugar if the meter shows levels of glucose more than:

- 130 mg/dL in fasting hours
- 180 mg/dL after eating

If their glucose is more than 250 mg/dL and they feel sick, they should call the doctor.

A. First Aid for Hyperglycemia

People with diabetes should:

1. Check glucose frequently if it is high.
2. Eat small portions more times a day.
3. Avoid dehydration – drink lots of water.
4. Take medications at scheduled times.
5. Go for a walk with a friend.
6. Avoid exercising if glucose level is greater than 250 mg/dL.



Dmitry Lobanov

Group Activity: Action Plan – What will you do?

Make a plan, a personal commitment that will allow you to practice what you learn.

1. Choose an action to commit to complete during the upcoming week (or specific time frame).
2. Tips about choosing an activity
 1. Is this easy to do?
 2. How long will it take?
 3. Do I feel comfortable doing it?
3. Record “How sure are you that you will be able to keep the commitment?
What percentage? Example: I am 100%; or I am 50% sure to keep the commitment.
4. After specified time, discuss progress with the group.



This concludes Module 3. For more information on this topic, please see the curriculum.



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