

# The Need for Blood Glucose Monitoring and Record Keeping

Monitoring your blood glucose regularly and keeping a record of your readings are important tools when managing your diabetes.

Monitoring your blood glucose means checking the amount of glucose, a form of sugar, that is in your bloodstream.

It is important to monitor your blood glucose on a regular basis. Your diabetes care team can tell you how often you should monitor your blood glucose.

Checking your blood glucose and keeping complete records will help you and your diabetes care team know how well your food choices, physical activity, and medications, are working together throughout the day.

Work with your diabetes care team to determine a healthy range for your glucose based on your health, age, activity level and other factors. This is called your target home blood glucose goal.

Once you have set your goals, check your blood glucose on a regular basis.

These checks may be your only way of knowing whether your blood glucose is in your target range day to day.

Keep careful and complete records of your blood glucose checks.

Your records may include: date, time and result of blood glucose check; medication---type, dose, and time taken; as well as comments about anything that may have affected your blood glucose level, like dining out, missing your evening walk, catching a cold, forgetting a dose of medication, exercising more than usual, skipping a meal, or any other break from your routine.

Some blood glucose records also include information on what you eat, so you can see how your food choices affect your blood glucose.

You can use a logbook to write down your results and comments. Some meters can record your results and comments and let you load the information to a computer so you can send them directly to your healthcare provider.

And you can use an online website or mobile app to keep you and your diabetes care team up to date on your blood glucose results.

Together you can use this information to help keep your blood glucose in your target range. Checking your blood glucose helps keep you in the driver's seat with your diabetes.

*"It's always good to have this with you when you go to your doctors. I think for me that's the most beneficial, because I don't like to write on paper. You don't have paper with you all the time, but most people have their cellphones with them all the time."*

If you only check your glucose once in a while or wait for your doctor to check it, it's like only being able to see a portion of a picture. Many people check their blood glucose more than once a day to get a complete picture.

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If you have a lot of results higher or lower than your target range, your diabetes team can help you figure out why.

Having too much glucose in your blood over a period of time can cause very serious long-term health problems.

These health problems include: heart attack, stroke, circulation problems, kidney disease, eye disease, and nerve disease.

*“It is very important to utilize your meter and all tools, but especially your meter, to check your glucose. Because diabetes affects everyone differently. So you have to know what's your triggers, what are your plusses that work well for you. And you cannot discover that without checking.”*

When you know the reason your blood glucose is out of range, you and your diabetes care team can make adjustments to your management plan to help you achieve your blood glucose goals.

Keeping your blood glucose in your target range can help you feel better now and also help prevent or delay the long-term complications of diabetes.

Although Diabetes is complex, it's manageable when you have the right information and support. Diabetes educators are trained to be your diabetes expert and can help you learn how to successfully thrive with diabetes. You deserve nothing less!

Ask your provider for a referral today! Find one at [www.DiabetesEducator.org/find](http://www.DiabetesEducator.org/find).