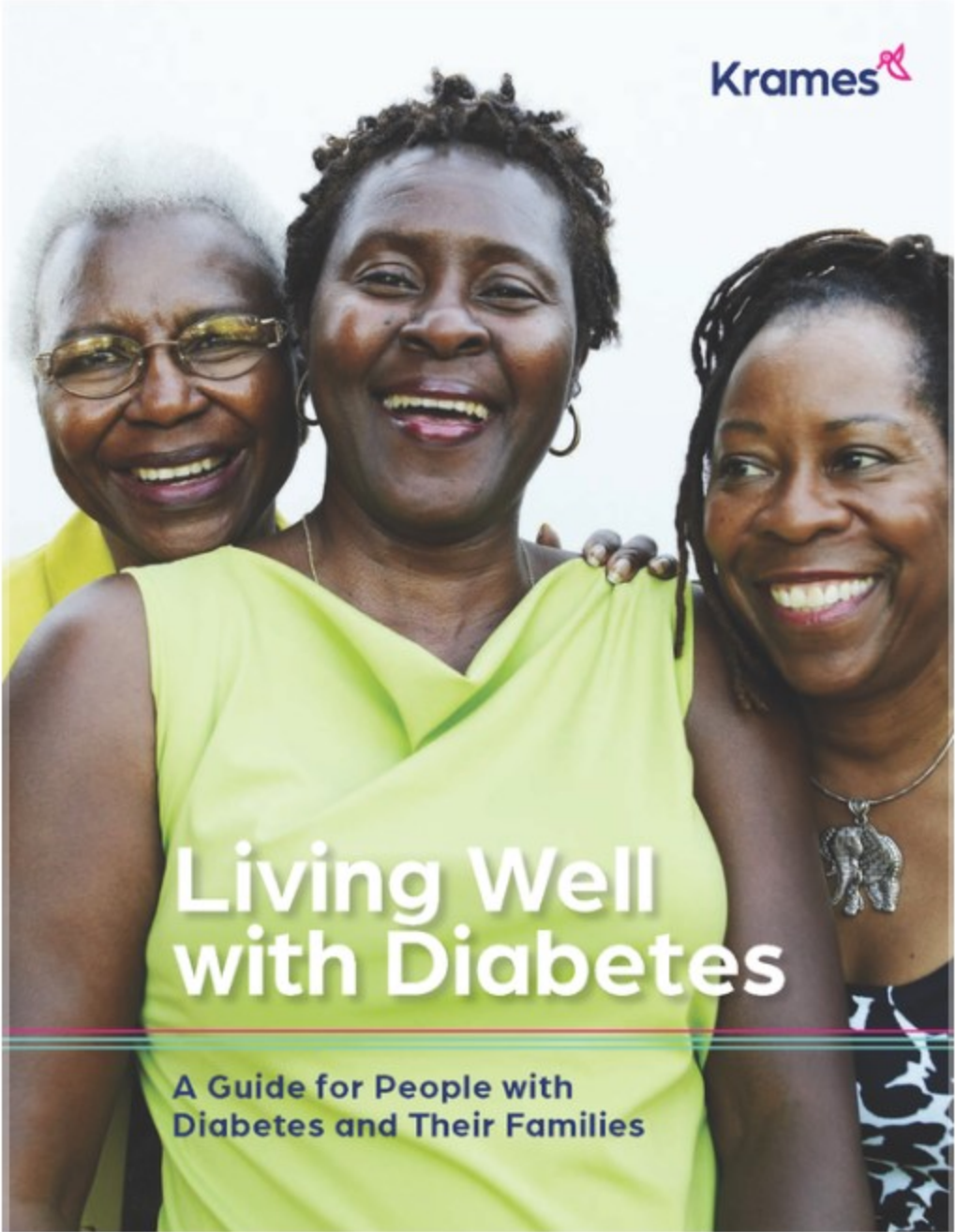


A photograph of three Black women of different ages smiling and posing together. The woman in the center is wearing a bright yellow-green sleeveless top. The woman on the left is wearing glasses and a yellow top. The woman on the right is wearing a black and white patterned top and a necklace with a large elephant pendant. The background is a plain, light color.

Krames

Living Well with Diabetes

A Guide for People with
Diabetes and Their Families

Checking Your Own Blood Sugar

You will likely be shown how to check (monitor) the level of glucose (sugar) in your blood. This can help you make decisions about diabetes management. Monitoring isn't hard to do. Your team can help you learn how to do it. You may be told to do regular daily checks. If so, keep a record of your results with notes on how food, activity, stress, and medication affect your blood sugar.

Doing Daily Checks

Talk with your healthcare provider about whether you should do regular blood sugar checks. Not everyone needs to check their own blood sugar regularly. People who might need to do so include those who:

- Take insulin or certain medications
- Have high A1C results (see page 14)
- Have blood sugar levels that are hard to manage
- Have low blood sugar without warning signs

Using a Blood Glucose Meter

A blood glucose meter measures the amount of glucose in your blood at the moment you check. You may have a meter that uses a drop of blood. Or you may have a wearable meter that checks glucose continuously. Ask your healthcare team to help you choose a meter. Also ask for help learning how to use it and get accurate readings.



Continuous Glucose Monitoring

Continuous glucose monitoring (CGM) may be an option for checking your blood sugar levels. It tracks your blood sugar level throughout the day and night. It includes a sensor, transmitter, and a receiver or monitor. The sensor is a small device placed under the skin. CGM can help you make better choices about food, physical activities, and taking medicines. Ask your healthcare provider if CGM is right for you.



How Often to Check?

Check your blood glucose as often as your healthcare provider has outlined. You may be told to do checks a number of times a day. These regular checks help you make adjustments to food and insulin or medication to help prevent high or low blood sugar. Regular checking also helps show patterns in your blood sugar levels. These can help you and your healthcare provider adjust your treatment plan to better manage your blood sugar.

Logging Your Readings

Many meters keep track of a certain number of readings. This information is more useful if you keep a log. You can use a paper log (see page 55). You can also track using a smartphone app or computer software. Use your log to keep track of things that might have affected your blood sugar. This may include eating more or different foods, being sick, being more or less active than usual, being stressed, or changing your eating habits. Your log can help you see patterns. It can help show you where adjustments to your treatment plan may be needed. Take your log with you every time you see your healthcare provider.



If You Don't Need Daily Checks

Even if you don't need to do daily checks, you still may need to use a meter from time to time. For example, you should check if you notice symptoms of low or high blood sugar (see page 13). So keep your meter handy and be sure you know how to use it correctly.



Aim for Your Target Range

Your diabetes team will help you figure out your target range. Your blood sugar should be in this range as often as possible. Staying in this range helps you feel your best and reduces your risk for complications. Your range is based on your personal factors and goals. For a general range, see page 55.

Before a Meal or Snack

Between _____ and _____

After a Meal or Snack

Between _____ and _____