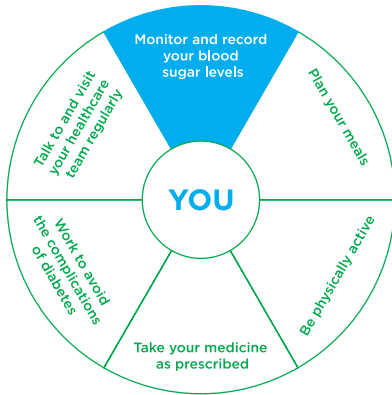


For people with diabetes



A blood sugar diary

A circle of help to live a healthy life



YOU are at the center of a healthy life with diabetes. All the elements of good care begin and end with **YOU**.

The importance of knowing your blood sugar levels

Your blood sugar levels (also called blood glucose levels) show how well you are controlling your diabetes. And that's important, since keeping your sugar under control will help you feel better and could help you live a healthy, long life. You can test at home—self-monitor—to learn what your blood sugar levels are at any time.

Keep a record

Each time you check your blood sugar level, make a record in this diary. Over time, you will be able to see what makes your levels go up or down. Take this diary with you when you visit your doctor and other members of your healthcare team. They need this information to help you take control of your diabetes and to help you make your meal, exercise, and medicine plans work for you.

Self-monitoring goals

The American Diabetes Association suggests goals for adults with diabetes before meals for blood sugar levels with self-monitoring:

Blood glucose	80-120 mg/dL
Plasma glucose	90-130 mg/dL

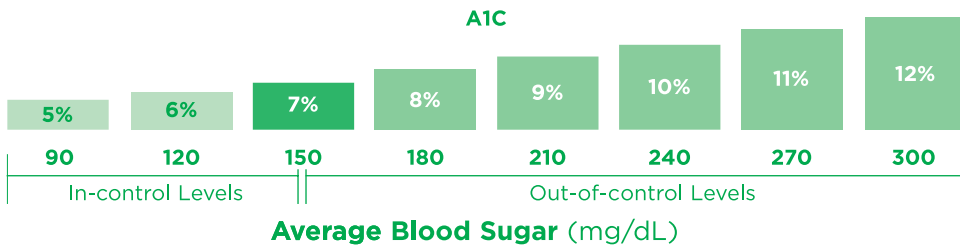
If you are unsure, please check with your healthcare provider to see whether your meter measures blood glucose or plasma glucose.

A1C record

Your doctor will do a blood test in the office that is called an A1C test. The A1C test shows your average blood sugar level over the past two to three months. Your blood sugar is under control if your A1C is under 7%.

Each time your doctor tests your A1C level, ask for the number and make a record of it. You will then know what your blood sugar levels are over the long term.

How average blood sugar affects A1C



A fasting blood sugar test shows how you're doing during that period of the day. An A1C test shows where your blood sugar level has been over the past two to three months.

Time period: ___/___/___ to ___/___/___

Belongs to:

Name _____

Address _____

City, State, ZIP _____

Phone _____

Doctor:

Name _____

Phone _____

I have diabetes. In case of emergency, please notify:

Name _____

Relationship _____

Address _____

City, State, ZIP _____

Phone _____

Diabetes Educator:

Name _____

Phone _____

My blood sugar goals

Talk to your healthcare team about setting goals.

Before meals my target blood sugar range is _____mg/dL to _____mg/dL.

2 hours after starting meals my target blood sugar range is _____mg/dL to _____mg/dL.

I need to test my blood sugar _____ times a day.

I should test my blood sugar:

- | | |
|--|--|
| <input type="checkbox"/> When I wake up | <input type="checkbox"/> After breakfast |
| <input type="checkbox"/> Before lunch | <input type="checkbox"/> After lunch |
| <input type="checkbox"/> Before dinner | <input type="checkbox"/> After dinner |
| <input type="checkbox"/> Before bed | <input type="checkbox"/> After exercise |
| <input type="checkbox"/> Before exercise | <input type="checkbox"/> Other _____ |

My target blood sugar ranges are 90 mg/dL to 130 mg/dL before meals.

Week of 5/15/01 160 mg/dL to 180 mg/dL 2 hours after meals.

("Medication" column: If you're taking 2 or more different pills or insulin, write out the medication name and the amount taken)

	Medication	Breakfast Pre-/Post-Time	Medication	Lunch Pre-/Post-Time	Medication	Dinner Pre-/Post-Time	Medication	Bedtime Time
Mon	✓	102 8 am		132 12:30 pm		125 5 pm 165 7 pm		140 10 pm
Comments:								
Tues	✓	97 7:30 am		140 12 pm 171 1 pm		130 5:30 pm		175 9:30 pm
Comments:								
Wed								
Comments:								

Thurs								
Comments:								
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Comments:								
Sat								
Comments:								
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Comments:								

My target blood sugar ranges are _____ mg/dL to _____ mg/dL before meals.

Week of _____ _____ mg/dL to _____ mg/dL 2 hours after meals.

	Medi- cation	Breakfast Pre-/Post-Time	Medi- cation	Lunch Pre-/Post-Time	Medi- cation	Dinner Pre-/Post-Time	Medi- cation	Bedtime Time
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Comments:								
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Week of _____ _____ mg/dL to _____ mg/dL 2 hours after meals.

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To learn more about diabetes...

DiabetesWATCH™ is a unique and innovative online community designed to promote the awareness and understanding of diabetes and to help people with diabetes live healthier lives.

www.DiabetesWATCH.com

American Association of
Clinical Endocrinologists (AACE)

904-353-7878

www.aace.com



Aventis Pharmaceuticals
Bridgewater, NJ 08807