

## KEEP IN CONTACT WITH YOUR DIABETES

The only way to keep in touch with your diabetes and understand how well controlled your diabetes is, is to test your blood glucose levels at home with a glucometer. The reason this is so important is that your blood glucose levels could be a little too high where you do not feel unwell but it is high enough to begin damaging your body, such as your heart, eyes, feet, sexual health and kidneys.

If you take the time to prick your finger inflict a small amount of pain and take the time to record the value in your diary I want you to be able to understand what is happening to your diabetes and take control of your health.

As a general guide aim for the following blood glucose levels:

<b>Level of control</b>	<b>Before a meal</b>	<b>2 hrs after a meal</b>
Ideal	4 to 6 mmol/L	Up to 8 mmol/L
Fair	6 – 8 mmol/L	Up to 10mmol/L
Poor	8mmol/L or more	10mmol/L or more

Ref. Healthy&heartWise

### HOW OFTEN TO TEST?

When you are first diagnosed, I would suggest that you test atleast three times a day, at either before breakfast and two hours after the main meals for two weeks. If your blood glucose readings fall within the ideal range then reduce the frequency to a few times each couple of days always varying the times you test. If your levels are too high, we need to determine what is causing this and make appropriate changes.



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