

Self-Monitoring of Blood Glucose: Practical Aspects

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Abstract

Self-monitoring of blood glucose (SMBG) should be part of a regular management plan for patients with diabetes. Self-monitoring of blood glucose provides information regarding an individual's dynamic blood glucose profile. This information can help with the appropriate scheduling of food, activity, and medication. It is also required for understanding of the timing of blood glucose variations. Lack of regular SMBG predicts hospitalization for diabetes-related complications. Self-monitoring of blood glucose is an essential tool for people with diabetes who are taking insulin or for those who experience fluctuations in their blood glucose levels, especially hypoglycemia. Application of practical aspects that aid in easy management of SMBG makes the task of checking blood glucose more achievable. For patients taking insulin and adjusting their dose, SMBG is needed for self-management. For others receiving oral medication, profiling glucose trends and the confirmation of high or low blood glucose can be a useful addendum to successful management.

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Abbreviations: (ADA) American Diabetes Association, (CGMS) continuous glucose monitoring system, (DCCT) Diabetes Control and Complications Trial, (A1C) hemoglobin A1c, (SMBG) self-monitoring of blood glucose, (T2DM) type 2 diabetes mellitus

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