



Diabetes Self Testing Record Logbook

*Because diabetes
management is a
team effort*

Your partners in diabetes. | Your journey inspires ours.



Bayer HealthCare
Diabetes Care

Lilly

Answers That Matter.

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PERSONAL INFORMATION

If found, please return to:

Name _____

Address _____

City _____

Province _____

Postal Code _____

Telephone _____

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

Name _____

Telephone _____

My Doctor _____

Name _____

Telephone _____

My Diabetes Nurse Educator:

Name _____

Telephone _____

Diabetes management is a team effort

And you are a key player. Just as your physician, dietitian and other healthcare professionals are doing their part to help manage your diabetes, you should also do yours. That means taking an active role in your overall treatment plan – if only for the simple reason that you can help control your diabetes. It doesn't have to control you.

This Diabetes Logbook contains information intended for patients on insulin. It provides a place to record specific information your physician will need to know. It is a self-management tool that will help you to identify patterns in your blood sugars, which will in turn allow you to measure the success of your treatment. A detailed track record of your daily blood glucose levels will also help you to understand how diet, exercise and other lifestyle choices can impact the overall management of your diabetes. By maintaining this ongoing track record, you and your physician will be able to easily assess progress and adjust goals as necessary throughout your treatment. Remember, there is much you can do to keep your diabetes in check. The important thing is that you can do it and companies like Bayer and Lilly are here to support you!



How can blood glucose (blood sugar) self testing help me?

You and your healthcare team have set up a plan to help you manage your blood glucose. One of the best ways to be sure your plan is working is to test your blood glucose yourself. Self testing lets you learn how diabetes makes your body react to daily events. You can answer questions like, “what happens to my blood glucose during times of stress or when I am sick?” or “what happens to my blood glucose when I exercise?” Self testing can help you decide how to take better care of yourself.



At Each Doctor Visit

Your doctor's time – and your own – is valuable, so make the most of it. Take your logbook with you whenever you visit your doctor to receive test results and share the results of your own tests. When you return, expect the doctor and other members of your healthcare team to give you a physical examination, take a medical history, and fine tune your treatment program. Use the time you have with your doctor and other healthcare professionals to ask questions and discuss your treatment and your progress. If you need help recording your test results, or if you have any concerns about your results, this is the time to ask for advice. After all, your treatment is a shared responsibility.

It is important to talk with your healthcare team about:

- How often you've had high or low blood glucose levels
- Your blood glucose records
- Any changes in your diabetes care plan
- Problems you have following your meal plan
- Any symptoms you have
- Complications
- Illnesses since your last visit
- Your medicines
- Any changes in your life or lifestyle
- Checking your eyes
- Looking at your feet
- More diabetes education



How often should I test my blood glucose?

If you are taking insulin, the more you test, the more you will know about your blood glucose management. Many things affect your blood glucose each day, like eating, exercise, medication, illness and stress. So, it is important to test your blood glucose at different times of the day. For individuals using insulin, blood glucose monitoring is recommended up to 3 times a day or more, depending on the number of insulin injections per day, and should include both pre- and post-prandial measurements.¹ Good management of blood glucose may help you lower your risk of future problems with diabetes.

When should I test my blood glucose?

Your doctor or healthcare team will help you decide when to test. Testing at different times is a good idea because it helps you to understand how daily events affect your blood glucose levels. Here are some helpful times to choose from:

- Before breakfast – this is called the fasting glucose. **Fasting** means you have not had any food in 8 hours or more.
- 1-2 hours after meals – this is called the **postprandial** blood glucose
- Before meals
- Before bedtime or after a snack
- At 2:00 or 3:00 a.m., if you take insulin



1. CDA Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Cdn J Diab Sept 2008;S32.

When should I do more blood glucose tests?²

Testing frequency varies with each person. It is a good idea to do extra tests when:

- There are changes in your diabetes treatment plan
- You start a new medication for diabetes
- You think your blood glucose might be too low or high
- You are sick



Will I need insulin?

For some, healthy eating, regular exercise and/or oral medications is not enough to maintain normal blood sugars. Your healthcare team will closely watch your blood sugar levels to see if insulin will be a part of your treatment plan. If you are prescribed insulin, your doctor or diabetes nurse/educator will teach you how to take it. It is important to discuss with your healthcare professional your diabetes regimen and understand the action times of the insulin you may be required to take.

2. CDA Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Cdn J Diab Sept 2008;S32-34.

Track Blood Glucose Test Results

Symptoms of hypoglycemia³:

It is important to be aware of the potential risk of hypoglycemia in some oral medications and insulin. If your blood glucose level gets low, you may experience hypoglycemia. Some of the symptoms of hypoglycemia are:

- Trembling
- Palpitations
- Sweating
- Anxiety
- Hunger
- Nausea
- Tingling

If you are experiencing any of these symptoms, you can take the following³:

- 15g of glucose in the form of glucose tablets
- 15 mL (3 teaspoons) or 3 packets of table sugar dissolved in water
- 175 mL (3/4 cup) of juice or regular soft drink
- 6 Life Savers[®] (1 = 2.5 g of carbohydrate)
- 15 mL (1 tablespoon) of honey

3. CDA Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Cdn J Diab Sept 2008;S62.

Track Blood Glucose Test Results

A1C – A Measure of Blood Glucose Control that Your Doctor Will Take

A glycosylated hemoglobin (A1C) test is an important indicator for the risk of diabetes complications.

People without diabetes normally have A1Cs of about 4% to 6%. The Canadian Diabetes Association (CDA) recommends you achieve a target A1C level of less than or equal to 7%. The CDA also recommends that you attain - and sustain - this target of less than or equal to 7% no later than 6 to 12 months following changes to your medication.

The A1C test is a lab procedure that should be undertaken every 3 months, since that is approximately the lifespan of a red blood cell. It is important for you to know your A1C and to record it in your logbook every 3 months.

Blood Glucose Goals^{5*}

	A1C**	Fasting blood glucose/ blood glucose before meals (mmol/L)	Blood glucose 2 hours after eating (mmol/L)
Target for most patients with diabetes†	≤ 7.0%	4.0 to 7.0	5.0 to 10.0 (5.0–8.0 if A1C targets not being met)

Adapted from CDA 2008 Treatment Guidelines

*Treatment goals and strategies must be tailored to the patient with consideration given to individual risk factors.

†Glycemic targets for children ≤ 12 years of age and pregnant women differ from these targets.

** An A1C of 7.0% corresponds to a laboratory value of 0.070. Where possible Canadian laboratories should standardize their A1C values to DCCT levels (reference range 0.040 to 0.060). However, as many laboratories continue to use a different reference range, the target A1C value should be adjusted based on the specific reference range used by the laboratory that performed the test. As a useful guide: an A1C target of 7.0% refers to a threshold that is approximately 15% above the upper limit of normal.

A1C = glycosylated hemoglobin

DCCT = Diabetes Control and Complications Trial

Diabetes Management Is About More than Blood Glucose Alone

For that reason, it is important that you undergo a number of routine tests to ensure your continued good health. These tests may include some, or all, of the following:

Blood Pressure Monitoring⁶

Lower blood pressure reduces the risk of heart problems, stroke, and kidney disease - regardless of diabetes. Everyone should monitor their blood pressure regularly. For people with diabetes particularly, a good blood pressure is less than 130/80 mmHg.

Cholesterol (“Lipids”) Check

This is a blood test that measures the fats in your blood, i.e. cholesterol: total cholesterol, high density lipoprotein cholesterol (HDL-C), low density lipoprotein cholesterol (LDL-C) and triglycerides. Keeping your cholesterol levels under control also helps to reduce your risk of heart disease. The recommended target lipid levels for most people with diabetes are as follows:

LDL cholesterol (mmol/L)	Total cholesterol/ HDL-C ratio
≤ 2.0	<4.0

6. CDA Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Cdn J Diab Sept 2008; S115.

Dilated Eye Exam

Poorly controlled diabetes can lead to changes in your eyesight such as retinopathy, which in turn can lead to visual impairment. To reduce the possibility of developing retinopathy, regular eye exams can detect early changes so that preventative measures can be taken to minimize vision impairment.

Urine Test for Kidney Disease

The kidneys filter waste products from the body into the urine to be excreted. Diabetes can cause kidney damage (nephropathy). When the kidneys cannot filter the body's wastes effectively, the excess waste builds up in the body, causing illness. A urine test can detect the early signs of kidney disease so that further damage can be prevented.

Foot Exam

Diabetes is often associated with foot problems due to poor circulation and nerve damage. Nerve damage can impair the ability to sense pain or other problems. In addition, high blood sugar can reduce the body's ability to heal.

It is important to check your feet daily between doctor visits for any changes. If you think you may have a problem, talk to your doctor.

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Record Annual Test Results

TAKE-CHARGE ITEM ⁹	GOAL
A1C (3-MONTH TEST)	
TESTS FOR LIPIDS (BLOOD FATS) TOTAL CHOLESTEROL/HDL RATIO	
TOTAL CHOLESTEROL	
LDL CHOLESTEROL	
HDL (GOOD CHOLESTEROL)	
TRIGLYCERIDES	
BLOOD PRESSURE	
WEIGHT (TARGET RANGE: _____)	
FOOT EXAM (SHOES AND SOCKS SHOULD BE REMOVED AT EVERY VISIT)	
MICROALBUMIN (URINE KIDNEY TEST)	
DILATED EYE EXAM	
EKG	

9. CDA Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. Cdn J Diab Sept 2008; S195-196.

RESULTS: VISIT 1	VISIT 2	VISIT 3	VISIT 4

Notes:



Talk to your healthcare professional about how the BREEZE®2 or CONTOUR® meter from Bayer and HumaPen® Luxura™ from Lilly can help you manage your insulin.



If you have any further questions about our Bayer or Lilly Diabetes products and/or services, please contact the **Bayer Diabetes Helpline at 1-800-268-7200** or the **Lilly Customer Response Centre at 1-888-545-5972**.