

Blood glucose testing

If you have diabetes, you're at greater risk for:

- **Stroke**
- **Heart attack**
- **Peripheral vascular disease**
- **Kidney failure**
- **Blindness**
- **Death**

But these risks can be lowered with healthy habits, which include self-testing of blood glucose and using that information to make choices. Testing is simple, but it's very important, so start today.

Recommended testing frequencies

The American Association of Clinical Endocrinologists (AACE) is a group of leading experts on diabetes. Here are the guidelines issued by AACE on recommended testing frequencies.⁴ To determine how often you should test, check with your doctor.

AACE Guidelines for Blood Glucose Testing Frequency⁴

Therapy Type	Oral Medications and/or Basal Insulin	Basal/Bolus Insulin or Insulin Pump therapy
Glycemic Levels	at goal	above goal
Test Frequency	1+ times	2+ times
		3+ times

⁴American Association of Clinical Endocrinologists (AACE) Diabetes Mellitus Clinical Practice Guidelines Task Force. AACE Medical Guidelines for Clinical Practice for the Management of Diabetes Mellitus. *Endocr Pract.* 2007;13(Suppl 1).



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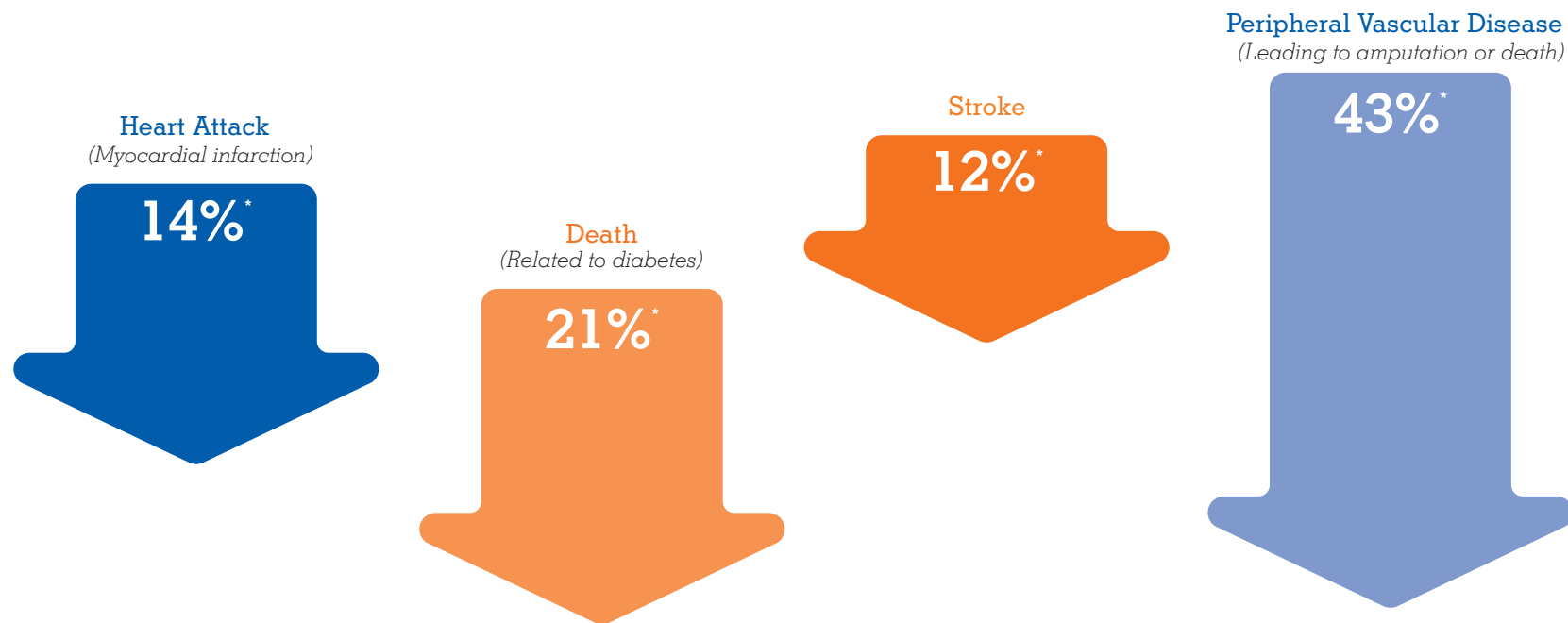
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Diabetes-related health problems can really complicate your life.

Good diabetes management can help you avoid complications.

In addition to diet, exercise, and medication, regular self-monitoring of blood glucose has been associated with reduced A1c levels in people with diabetes.^{1,2} And lowering your levels can substantially reduce your risk of death or developing major health problems associated with diabetes.³



References:

¹Renard E. Monitoring glycemic control: the importance of self-monitoring of blood glucose. *Am J Med.* 2005;118(Suppl 9A):12S-19S.

²Welschen LM, et al. Self-monitoring of blood glucose in patients with type 2 diabetes who are not using insulin: a systematic review. *Diabetes Care.* 2005;28(6):1510-1517.

³Stratton IM, Adler AI, Neil HA, et al. Association of glycaemia with macrovascular and microvascular complications of type 2 diabetes (UKPDS 35): prospective observational study. *BMJ.* 2000;321(7258):405-412.

*Based on a 1% reduction in mean A1c.

How often should you test?

Regular self-testing is an important part of any diabetes management plan, but every patient is different. The main thing to remember is to follow your doctor's recommendations as closely as possible.