

## Blood glucose testing

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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 acting on the results. Testing is simple, but it's very important, so start today.



## When testing matters even more

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Your doctor will be able to tell you when and how often you should test your blood glucose. But there are times when it's important to test more often than usual:

- **When you're sick**
- **When you're feeling stressed**
- **When you're beginning an exercise program**

Illness, stress, or a change in routine can affect glucose levels, and testing can help you see just how much. So keep this in mind, and remember to talk to your doctor about any changes in your routine.



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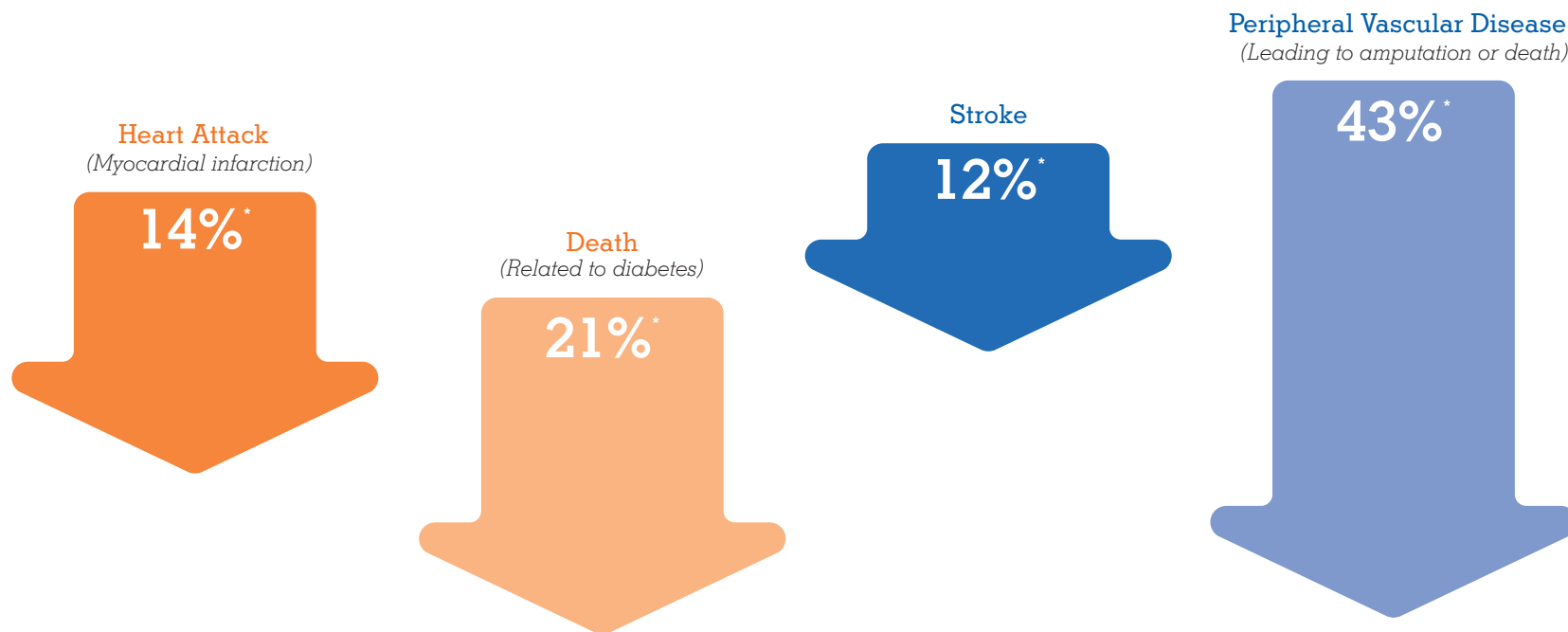
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**Manage your  
blood sugar now.  
Avoid health  
problems later.**



# Why regular self-monitoring is important.

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



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

<sup>2</sup>Welschen 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.

<sup>3</sup>Stratton 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.