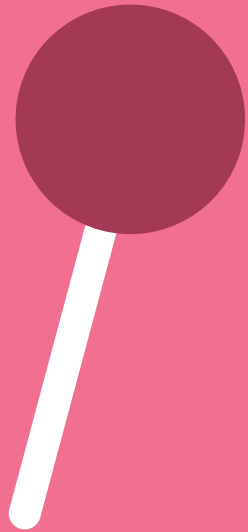


Sugar + Spice



Monitoring and managing
your blood sugar

Monitoring and managing your blood sugar



Good blood sugar control is important in managing diabetes and in preventing complications from diabetes. For many people with diabetes, the blood sugar meter is an important tool for diabetes control.

A blood sugar meter can help you monitor the highs and lows of your blood sugar levels. Using a blood sugar meter allows you to understand how your diet, exercise, stress levels or illness can affect your blood sugar levels. This would help you get information to make the necessary changes in your lifestyle to control your blood sugar better.

When you use a blood sugar meter, remember to record down whether the blood sugar reading was taken before or after eating as the good sugar range is different for both situations.

Consider these when choosing a blood sugar meter:

- » Cost: how much does the meter and strips cost? Are the strips easily available?
- » Size of text: Are the readings large enough to be read easily?

- » Size and shape of the meter: Most meters fit easily in your hand. If you are an athlete or travel often, or if you just want to be able to put a meter in your pocket, check its size and shape before buying. Not to forget that you will also be carrying your lancing device and test strips with your meter, which might add a bit of bulk.
- » Sample size of blood: Meters nowadays generally need only a small amount of blood for the test, which makes testing less painful.
- » Maintenance and support: Is it easy to clean? How or who do you ask if you have problems with the meter?
- » Special functions: Are there any extra functions such as information storage? Some meters allow you to download your blood sugar readings to the computer or hand phone and let you email the test results to your doctor.

Scan the QR code to find out more about
- How to understand your blood sugar reading
- Insulin & travel

