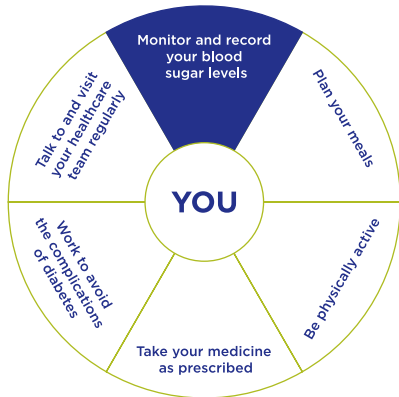


MY BLOOD SUGAR DIARY

sanofi aventis

Because health matters

The circle of better blood sugar control



YOU are at the center of a successful plan to improve your blood sugar control. All the power you need to manage your diabetes comes from within **YOU**.

The importance of knowing your blood sugar levels

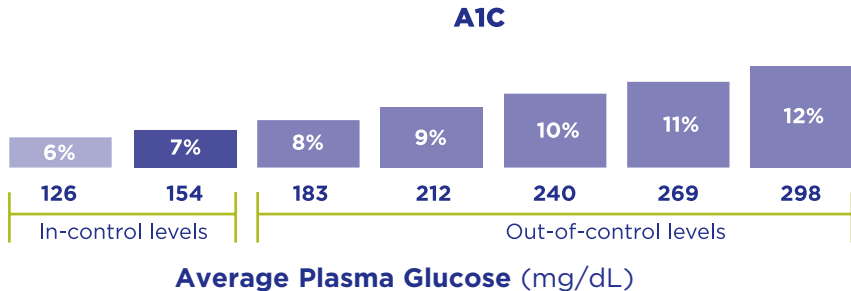
Your blood sugar levels (also called blood glucose or plasma glucose levels) show how well you are controlling your diabetes. That's important because keeping your sugar under control over time can reduce your risk of developing serious diabetes complications later. You can learn what your blood sugar levels are at any time by testing at home.

Your A1C record

At the doctor's office, from time to time, your doctor should do a blood test called the A1C or hemoglobin A1C test. This test shows your average blood sugar level over the past two to three months. According to the American Diabetes Association, your blood sugar is under control if your A1C is under 7%.

Each time your doctor tests your A1C level, ask for the number and keep a record of it. If you're not at your goal yet, keep following your doctor's diabetes management plan, and ask whether there's anything else you can do to get better blood sugar control.

How average plasma glucose affects A1C



A fasting blood sugar test shows how you're doing during that period of the day. An A1C test shows where your blood sugar level has been over the past two to three months.

Keep a record

Each time you check your blood sugar level, write it down in this diary. Include notes on what foods you ate, how much exercise you did, and what medicines you took. Over time, you'll be able to see what makes your levels go up or down. Take this diary with you when you visit your doctor and other members of your healthcare team. They need this information to help make your meal, exercise, and medicine plans work for you.

Self-monitoring goals

The American Diabetes Association suggests these blood sugar goals for adults with diabetes:

Fasting/ Before Mealtime goals		Post-meal goals (2 hours AFTER starting meals)	
Plasma glucose	70–130 mg/dL	Plasma glucose	<180 mg/dL

Most blood glucose meters measure plasma glucose instead of blood glucose, and some measure both. If you're unsure what yours measures, please check with your healthcare provider.

My blood sugar goals

These are the goals I've set for myself with the help of my healthcare team:

Fasting/Before Mealtime Goals

Plasma glucose _____ mg/dL to _____ mg/dL

Post-meal Goals (2 hours AFTER starting meals)

Plasma glucose _____ mg/dL to _____ mg/dL

I need to test my blood sugar _____ times a day.

I should test my blood sugar:

☐ when I wake up

☐ after breakfast

☐ before lunch

☐ after lunch

☐ before dinner

☐ after dinner

☐ before exercise

☐ after exercise

☐ before bed

☐ other _____

My target blood sugar ranges are: 70 mg/dL to 130 mg/dL BEFORE meals.
 Week of 5/15/09 160 mg/dL to 180 mg/dL 2 hours AFTER meals.

	Medication	Breakfast		Medication	Lunch		Medication	Dinner		Medication	Before Bed	
		Pre-/Post-Time			Pre-/Post-Time			Pre-/Post-Time			Time	
M	Oral Med X (y mg)	102			132			125	165	Insulin X (y units)	140	
		8 am			12:30 pm			5 pm	7 pm		10 pm	
Comments:												
Tu	Oral Med X (y mg)	97			140	170		130		Insulin X (y units)	175	
		7:30 am			12 pm	1 pm		5:30 pm			9:30 pm	
Comments:												
W												
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My target blood sugar ranges are: _____ mg/dL to _____ mg/dL BEFORE meals.

Week of _____ _____ mg/dL to _____ mg/dL 2 hours AFTER meals.

	Medication	Breakfast Pre-/Post-Time		Medication	Lunch Pre-/Post-Time		Medication	Dinner Pre-/Post-Time		Medication	Before Bed Time	
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Week of _____ _____ mg/dL to _____ mg/dL 2 hours AFTER meals.

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Time period: ____/____/____ to ____/____/____

This diary belongs to:

Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____

Doctors:

Name _____ Phone _____

Name _____ Phone _____

Certified Diabetes Educator:

Name _____ Phone _____

I have diabetes.

In case of emergency, please notify:

Name _____

Relationship _____

Address _____

City _____ State _____ ZIP _____

Phone _____

Medications I am taking:

To learn more about diabetes...

American Diabetes Association (ADA)
www.diabetes.org

American Association of Clinical
Endocrinologists (AACE)
www.aace.com

National Diabetes Education Program
www.ndep.nih.gov

American Association of
Diabetes Educators (AADE)
www.diabeteseducator.org

dLife
www.dlife.com

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forests, controlled sources and
recycled wood or fiber
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