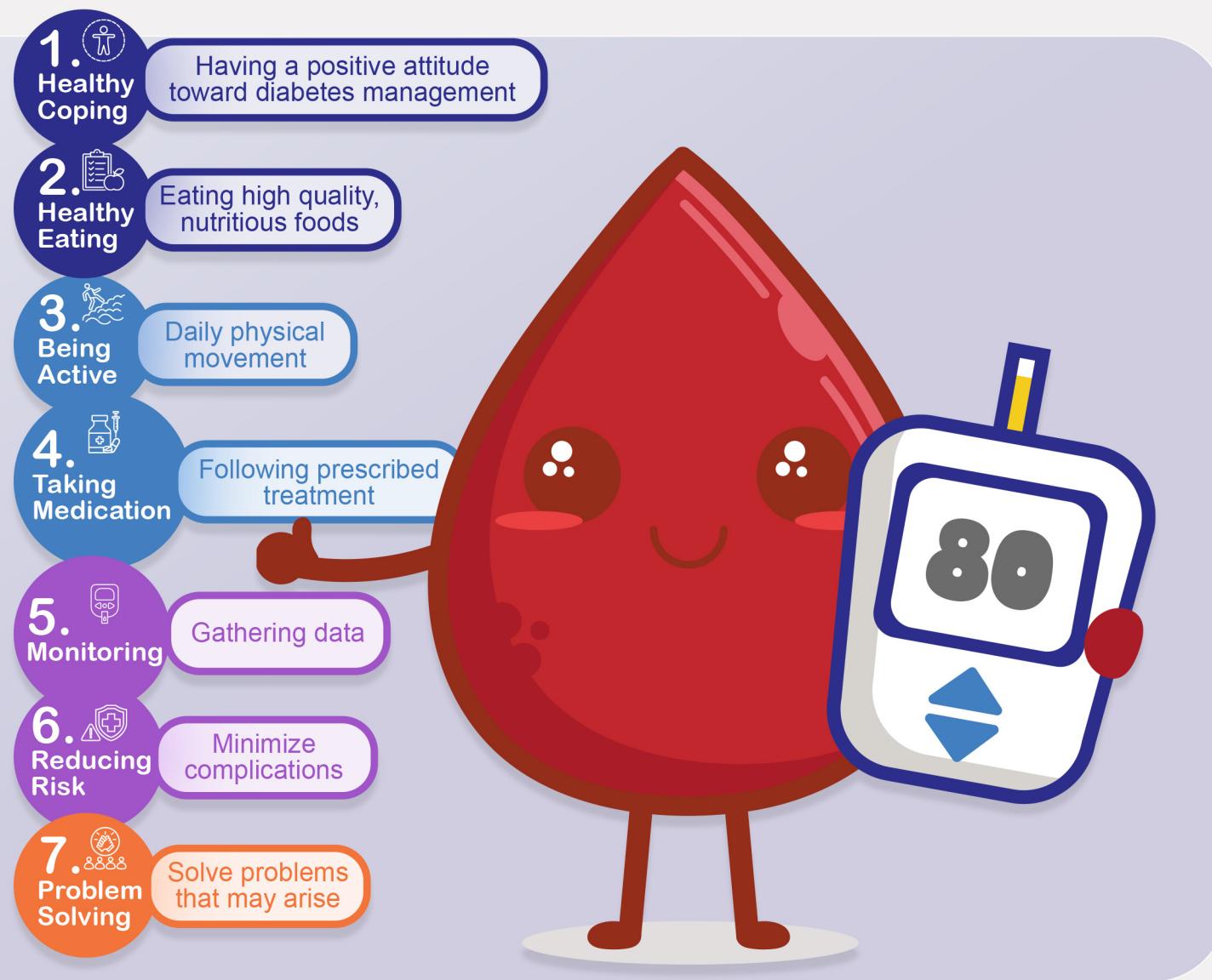


Why Watch the Numbers?

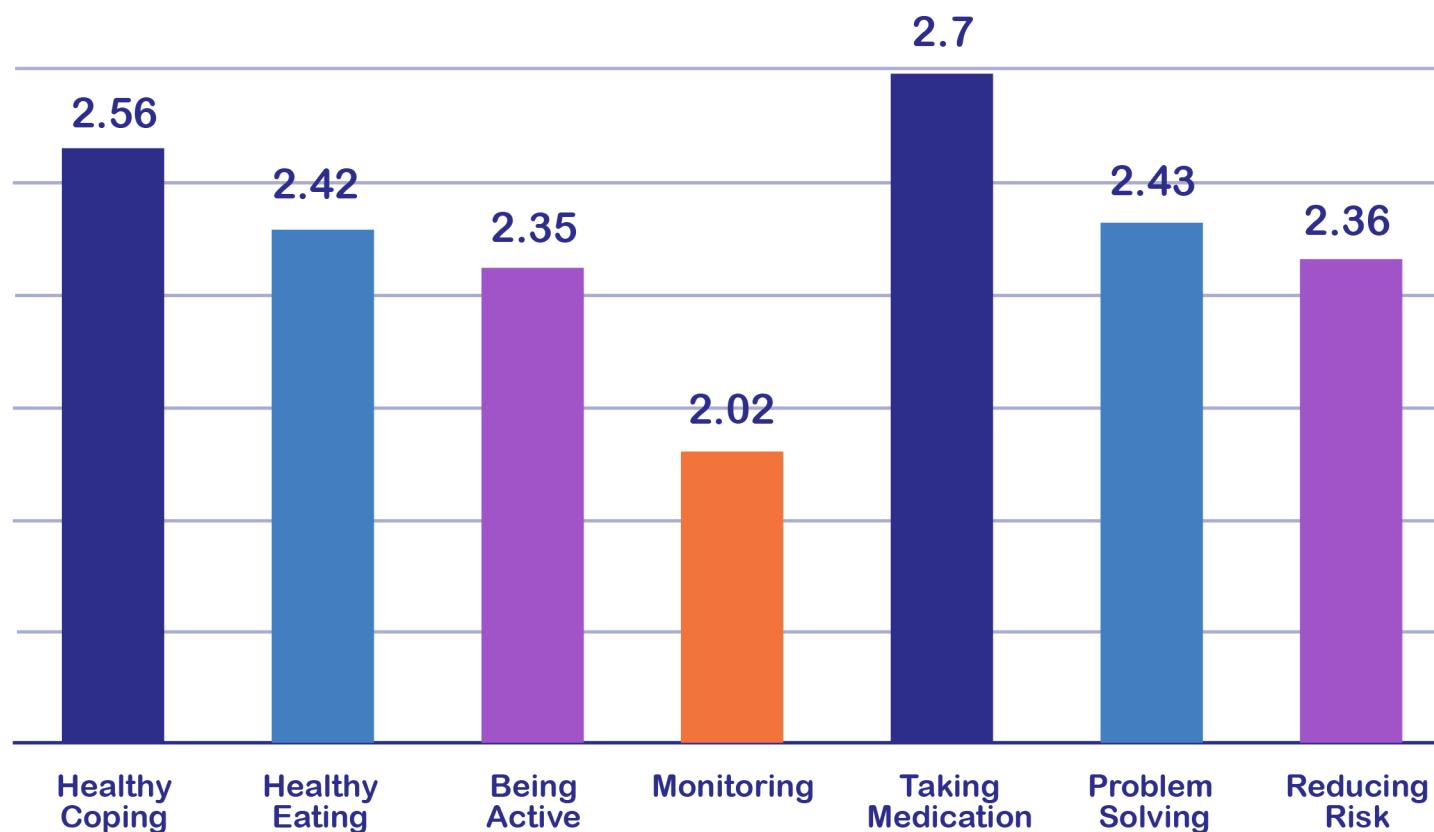
A diabetes diagnosis is life changing. With the added worry of managing it comes a new set of rules to follow: what to eat, what to drink, how to exercise, and what medications to take. What is often overlooked, however, is the means to track how well these new rules actually help – monitoring.

The Association of Diabetes Care and Education Specialists (ADCES) has consolidated these rules into a set of seven self-care behaviors that has proven to have a direct impact on diabetes management. These are shown below.¹

7 Self-care Behaviors



These seven behaviors form a robust framework for diabetes self-management and is a cornerstone of diabetes treatment. Monitoring in particular acts as a springboard into the other 6 self-care behaviors, providing real-time feedback on how well the other behaviors are working.¹ Studies have shown that adherence to blood glucose monitoring tends to be lower than for other self-care behaviors.^{2,3}



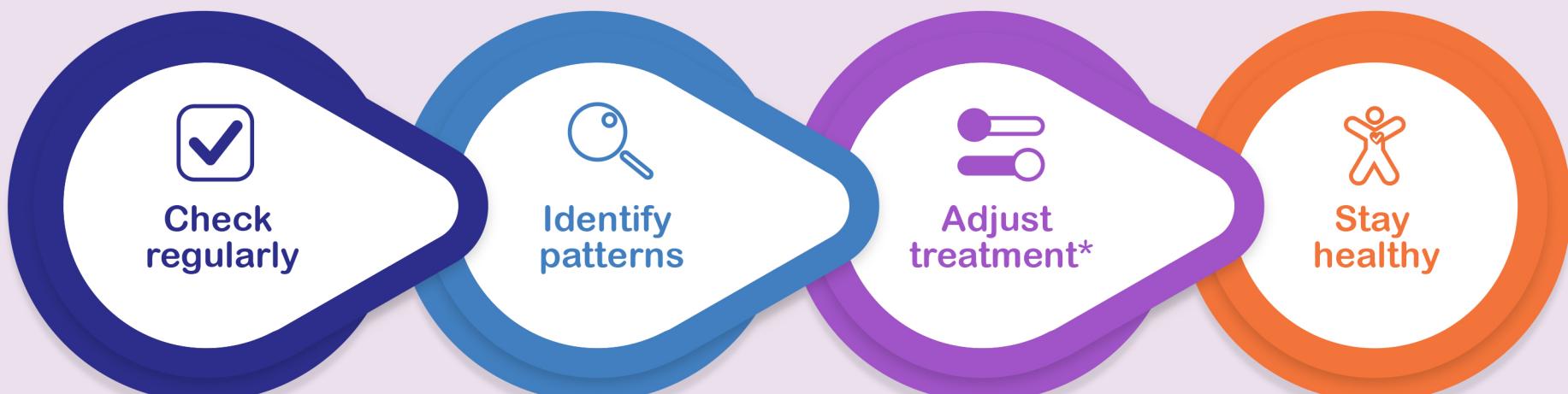
Average combined scores* for adherence and compliance of diabetes self-care behaviors among Filipino patients (Adapted from Roxas and Nicodemus 2014)**

*scores are based on a 3-point adherence scale (higher = better adherence)

**from a study of patients at the Philippines General Hospital; may not be representative of all people with diabetes in the Philippines.

Blood glucose, simply put, is the amount of sugar in your blood, and blood glucose monitoring is the act of keeping track of this amount.⁴ While the goal of diabetes management is making sure blood glucose remains at a healthy level, the role of blood glucose monitoring is more than just setting a static goal to meet.

Regular blood glucose monitoring over the course of the day helps establish patterns such as when glucose levels tend to spike or drop and what activities may trigger them. These are important pieces of information that provide people with diabetes the means to track how well their current diabetes treatment plan is working and helps their healthcare team make adjustments accordingly.



*Work with your healthcare team to adjust treatment if needed.

The key to living well every day is at your fingertips! Start by checking your blood glucose regularly and sharing your results with your doctor so your plan truly works for you. For more information on blood glucose levels and what they mean, [click here](#). [link to article 3] For tips on how to more effectively monitor your blood glucose, [click here](#). [link to article 2]

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