

# Check Yourself

GLUCOSE DEVICES HELP MONITOR FLUCTUATIONS IN BLOOD SUGAR

Living with diabetes can be challenging. Fortunately, the Diabetes Center of Evangelical offers comprehensive care for patients living with all types of diabetes. Among the services provided are one-on-one outpatient education sessions, group education classes, and an ambulatory insulin program.

Evangelical's new Center features twice the number of exam rooms

and educator offices compared to the previous location, as well as access to laboratory services onsite. The integrated facility will provide patients with the care they need and play a crucial role in helping patients better manage their diabetes.

Specific to those with frequent blood sugar fluctuations, the program offers individualized education about glucose monitoring and meters, which includes two monitor options.

The Dexcom G4 monitor measures blood sugar levels every five minutes, which gives insight into how diet, medication, stress, and activity affect glucose levels.

The Medtronic iPro monitor uses a glucose sensor that is placed under the skin for real-time monitoring of the patient's glucose

level, day and night. It delivers up to 288 glucose

readings per day. The monitor identifies when patients experience dangerous lows in glucose levels and reports how high levels go after meals.

The Dexcom G4 Platinum monitor, which remains on the patient's back for up to a week, can record

glucose levels every five minutes for the entire seven-day period. These readings help identify how diet, medication, stress, and activity affect a patient's glucose levels.

Both meters enable continuous monitoring of glucose levels, which help care providers adjust insulin doses to reduce the frequency and duration of highs and lows in blood sugar levels. These adjustments help reduce the high A1C levels that can increase the risk of complications from diabetes.

In addition, these monitors are small and watertight, allowing patients to swim and bathe while wearing either device. Ensuring proper placement, experienced staff members install monitors onsite.

If you have recurrent hypoglycemia unawareness, are pregnant and have Type 1 diabetes, or have high A1C levels, consider getting a glucose-level evaluation.



## TRACK IT

Contact the Diabetes Center of Evangelical at

**570-768-4646** to schedule an appointment.

