There for you, whatever your type.

PATIENT GLUCOSE DIARY

The MyStarCare Diabetes Patient Support Program

MyStar Care™

Supported by Guidepost

Guidepost

Brought to you by Sanofi

sanofi

PATIENT DETAILS

Name: _____

Surname: _____

Tel. No.: _____

PATIENT MEASUREMENTS

Weight: _____ kg

Height: _____ m

Drug allergies: _____

Food allergies: _____

MY EMERGENCY CONTACTS: IN CASE OF EMERGENCY, PLEASE CONTACT THE FOLLOWING PERSONS:		
Name	**Relationship**	**Telephone Number(s)**

HEALTHCARE PRACTITIONER CONTACT DETAILS		
	Name	**Number**
GP		
Specialist		
DNE		
Podiatrist		
Dietician		
Other		

APPOINTMENT CALENDAR		
Date	**Time**	**Name**

APPOINTMENT CALENDAR		
Date	**Time**	**Name**

MEDICATION DETAILS		
	Product Name	**Current Dose/Day**
Orals		
Other injectable agents		
Insulin		

THE LINK BETWEEN DIABETES AND HbA_{1c}

What is diabetes?

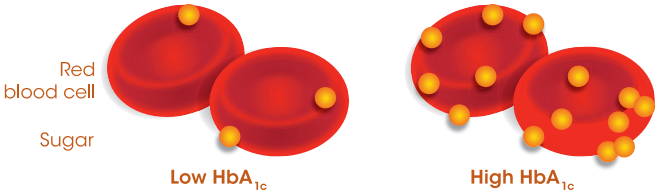
Diabetes is a condition where there are high levels of sugar in the blood caused by insulin deficiency or impaired insulin function.[1]

Insulin is a hormone produced by the pancreas. When your body turns the food you eat into energy (also called sugar or glucose), insulin is released to help transport this energy to the cells[1]. Insulin acts as a "key". Its chemical message tells the cell to open and receive glucose.[1]

If you produce little or no insulin, or are insulin-resistant, too much sugar remains in your blood. Blood glucose levels are higher than normal for individuals with diabetes.[2]

What is HbA_{1c}?

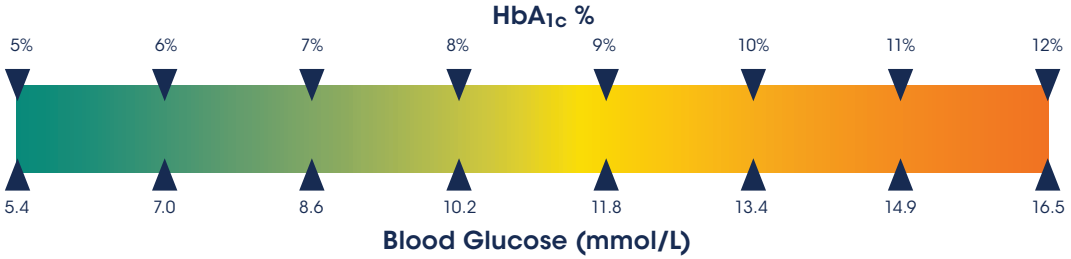
HbA_{1c} is a measurement of glycated haemoglobin in the blood. When the body processes sugar, glucose in the bloodstream naturally attaches to haemoglobin, a molecule on red blood cells. This results in the haemoglobin becoming glycated.[1]



Why is HbA_{1c} important?

Because red blood cells in the human body survive for 8–12 weeks before renewal, measuring glycated haemoglobin (or HbA_{1c}) can be used to reflect average blood glucose levels over about 3 months, providing a useful longer-term gauge of blood glucose control[1]

HbA_{1c} % as an indicator of diabetes control[1]



How will you know if your HbA_{1c} is too high?

The most common signs are:[1]

How often should you test your HbA_{1c}?

You should have your HbA_{1c} tested:[3]

- Once every 3 months if your glucose levels are not controlled
- Once every 6 months if your glucose levels are controlled
- And, whenever your insulin treatment is adjusted

Consult with your Doctor for more information.

TARGETS

FOR HbA_{1c} FASTING BLOOD GLUCOSE (FBG) AND POSTPRANDIAL GLUCOSE (PPG) IN DIFFERENT PATIENT TYPES[1]

PATIENT TYPE	TARGET HbA_{1c}	TARGET FBG	TARGET PPG
• Newly diagnosed • No major comorbidities and macrovascular disease • Low risk of hypoglycaemia/drug interactions	< 6.5%	4.0 - 7.0 mmol/L	< 8 mmol/L
Majority patients	< 7%	4.0 - 7.0 mmol/L	< 10 mmol/L
• Long-standing diabetes • Established comorbidities and macrovascular disease • High risk of hypoglycaemia/drug interactions	< 7.5%	4.0 - 7.0 mmol/L	<12.0 mmol/L

TRACK YOUR HbA_{1c}		
Date	**Result**	**Comment**

YOUR TARGETS

AS DECIDED UPON BY YOUR TREATING DOCTOR

YOUR FBG* GOAL (mmol/L)	YOUR STARTING DOSE OF INSULIN (IU)	TIME OF INJECTION	TITRATE WITH HOW MANY UNITS (IU)	TITRATE HOW OFTEN

*FBG = FASTING BLOOD GLUCOSE

	YOUR PPG* GOAL (mmol/L)	YOUR STARTING DOSE OF INSULIN (IU)	TIME OF INJECTION	TITRATE WITH HOW MANY UNITS (IU)	TITRATE HOW OFTEN
Breakfast					
Lunch					
Dinner					

*PPG = POSTPRANDIAL GLUCOSE (2 HOURS AFTER A MEAL)

MyStar Care™
Empowering Your Diabetes Journey

EMERGENCY TREATMENT

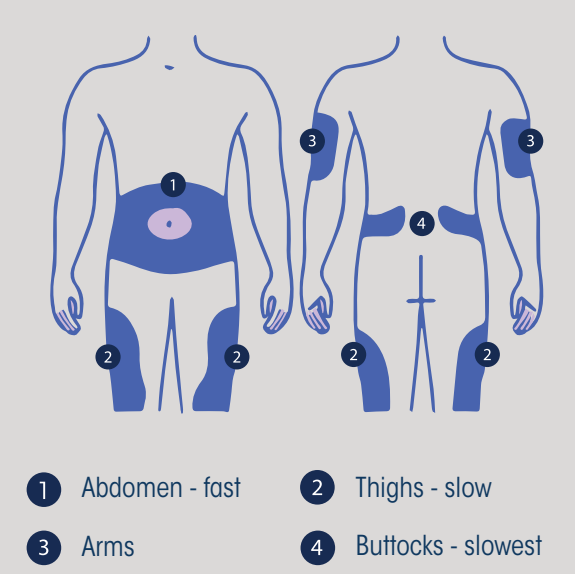
MANAGING NON-SEVERE LOW BLOOD SUGAR [1]

1. Consume 15-20 grams of glucose or simple carbohydrates.
2. Recheck your blood glucose after 15 minutes.
3. Once blood glucose returns to normal, eat a small snack, containing carbohydrates (e.g. bread) and protein (e.g. milk) for prolonged restoration of blood glucose
4. If hypoglycaemia continues, repeat step 1.

15 GRAMS OF SIMPLE CARBOHYDRATES COMMONLY USED:

- Glucose tablets (follow package instructions)
- 3 to 4 teaspoons of sugar (glucose or fructose) dissolved with a little water
- 3/4 cup or 1/2 can (175 ml) of fruit juice or soft drink
- 1 tablespoon honey

INJECTION SITES[4]



WEEKLY		TEST TIME						
DAY	DATE	BEFORE BREAKFAST	AFTER BREAKFAST	BEFORE LUNCH	AFTER LUNCH	BEFORE DINNER	AFTER DINNER	BEFORE BED
Mon								
Tues								
Wed								
Thu								
Fri								
Sat								
Sun								
COMMENTS (REACTIONS, MEDICATION, ILLNESS, ETC.)								

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REFERENCES:

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2. American Diabetes Association (ADA) Diagnosis and Classification of Diabetes Mellitus. *Diab Car* 2014;37(1): S81-S90.
3. Amod A, Coetzee A, Kinvig TA, Paruk I, Bayat Z, Dave JA, *et al.* The 2017 SEMSDA Guidelines for the Management of Type 2 Diabetes. *JEMDSA* 2017;22(1):S1-S196.
4. Principles of Injection Technique. bd.com © 2017 BD. Accessed 3 August 2018.

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MAT-ZA-2300204-1.0-03/2023

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Go to **www.sanofi.co.za** and search "Diabetes", the Diabetes and Cardiovascular page is the first pop up.

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