

## PERSONAL DETAILS

Name:

Address:

In case of emergency contact:

Diabetes type and medication:

GP:



Diabetes nurse:



Hospital number:

### Extract from Jewnnifer's advice for the newly diagnosed ([diabetes-support.org.uk/joomla/jennifers-advice](http://diabetes-support.org.uk/joomla/jennifers-advice))

Test: Upon waking (fasting), 1 hour after each meal, 2 hours after each meal, at bedtime. What you will discover by this is how long after a meal your highest reading comes and how fast you return to "normal". Also, you may see that a meal that included bread, fruit or other carbs gives you a higher reading.

Then for the next few days, try to curb your carbs. Eliminate breads, cereals, rice, beans, any wheat products, potato, fruit... get all your carbs from veggies. Test at the same schedule above.

If you try this for a few days, you may find some pretty good readings. It's worth a few days to discover. Eventually you can slowly add back carbs until you see them affecting your meter.

Though we have much in common, each of our bodies dictates our treatment and our success. The key here is AIM. The closer we get to non-diabetic numbers, the less chance we have of complications. If we aim for the best numbers, we give ourselves the best shot at health we've got. That's all we can do.

Here's my opinion on what numbers to aim for.  
They are non-diabetic numbers: Fasting - <6; One hour after meals - <8; Two hours after meals - <6.5

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