



RAPID COMMUNICATION – OVERVIEW OF SELF MONITORING OF BLOOD GLUCOSE

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KEYWORDS :

Diabetes and its complications has shown a rapidly changing trend in recent years, for which optimization of glycemic control is necessary. Self monitoring of blood glucose does some effect on reducing the diabetes complications^{1,2}. The two most important methods which came to light in 1970 and 1980 were HbA1C and self monitoring blood glucose.

Importance of Self monitoring of blood glucose compared to HbA1C is to maintain the best glycemic control, aware and prevent hypoglycemia in patients taking insulin, prevent complications due to hyperglycemia and overall benefit in reducing mortality and morbidity. As HbA1C is done once in 3 months, it doesn't provide much information about day to day changes in glucose levels.

Knowledge, Attitude & Practice: The main goal of self monitoring of blood glucose is to know about detailed information about glucose levels in detailed day to day life to maintain adequate glucose control. Self monitoring of blood glucose is feasible, self evident, reveals the immediate blood glucose level (real time information), evidence based guidelines for both pre and post prandial blood glucose. Educational awareness and intervention need to be created for self monitoring of blood glucose and maintain goal to maintain both pre and post prandial blood sugar levels and modify the treatment, thus preventing the complications and decreasing the mortality and morbidity.

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