

# How to use a glucometer to guide a healthier lifestyle

## Why monitor blood sugar?

Monitoring your blood glucose (blood sugar) level tells you how your meal plan, exercise, and medication are working to control your diabetes. Self-monitoring of blood glucose is one of the most important ways to manage your diabetes. Because blood sugar levels change all the time, frequent blood sugar monitoring is recommended before meals, two hours after meals, and before bedtime.

## Ways to measure blood glucose

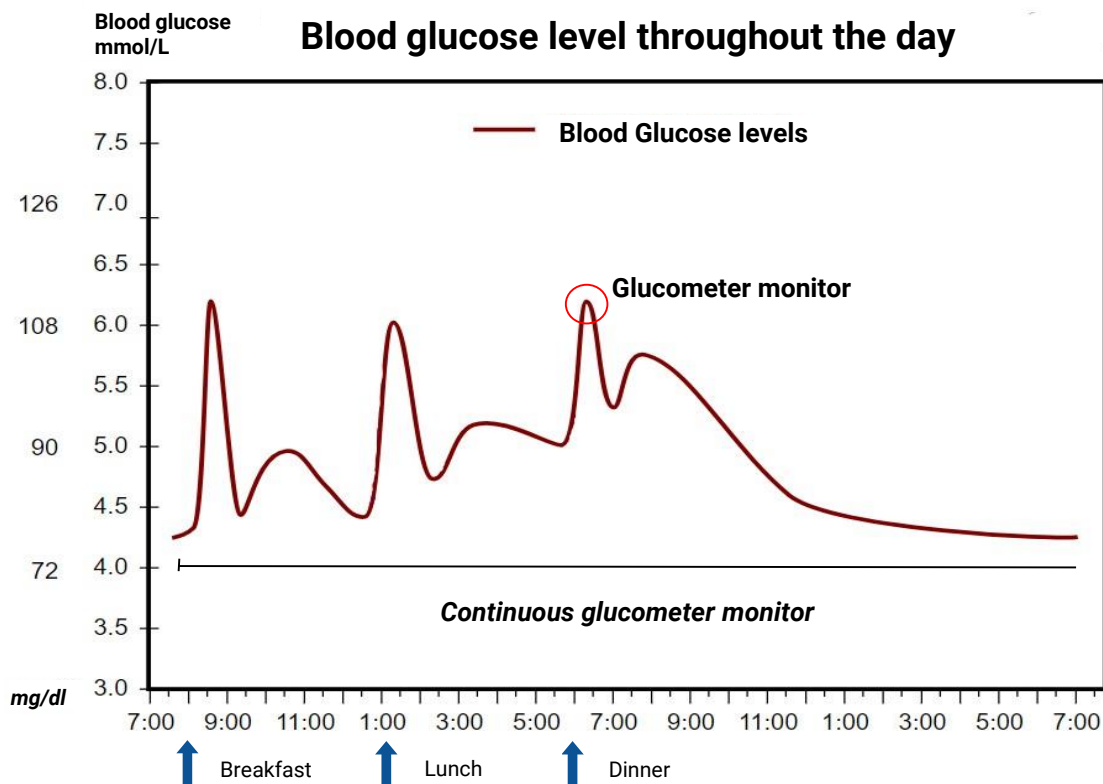
Two ways to measure blood sugar are with a **glucometer monitor** and a **continuous glucometer monitor (CGM)**. A glucometer monitor checks for blood glucose at a specific time during the day. A CGM checks your blood sugar levels continuously throughout the day, and is more costly than a regular glucometer.



When your blood glucose is either too high or too low, please consider the following areas that may affect blood glucose levels:

- **Diet:** skipped meals or overeating; alcohol consumption
- **Exercise:** lack of or excessive exercise
- **Stress & illness**
- **Skipped dose of medication**
- **Medication side effects**

**\*Notice: Blood glucose level may vary.  
Please consult with your physician.**



## Recommended blood glucose ranges for people with diabetes

Time of test	Ideal range	Acceptable range
Before meals	80-120 mg/dl	80 - 130 mg/dl
2 hours after meals	<140 mg/dl	<180 mg/dl
Before bedtime	100-140 mg/dl	100-160 mg/dl



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# 如何使用血糖儀指引更健康的生活

## 為什麼要檢測血糖？

檢測血糖可以讓您了解膳食計劃，運動和藥物如何協助控制您的糖尿病。自我檢測血糖是控制糖尿病最重要的方法之一。由於血糖水平會不斷變化，因此建議在飯前，飯後兩小時和就寢前進行多次血糖檢測。

## 測量血糖的方法

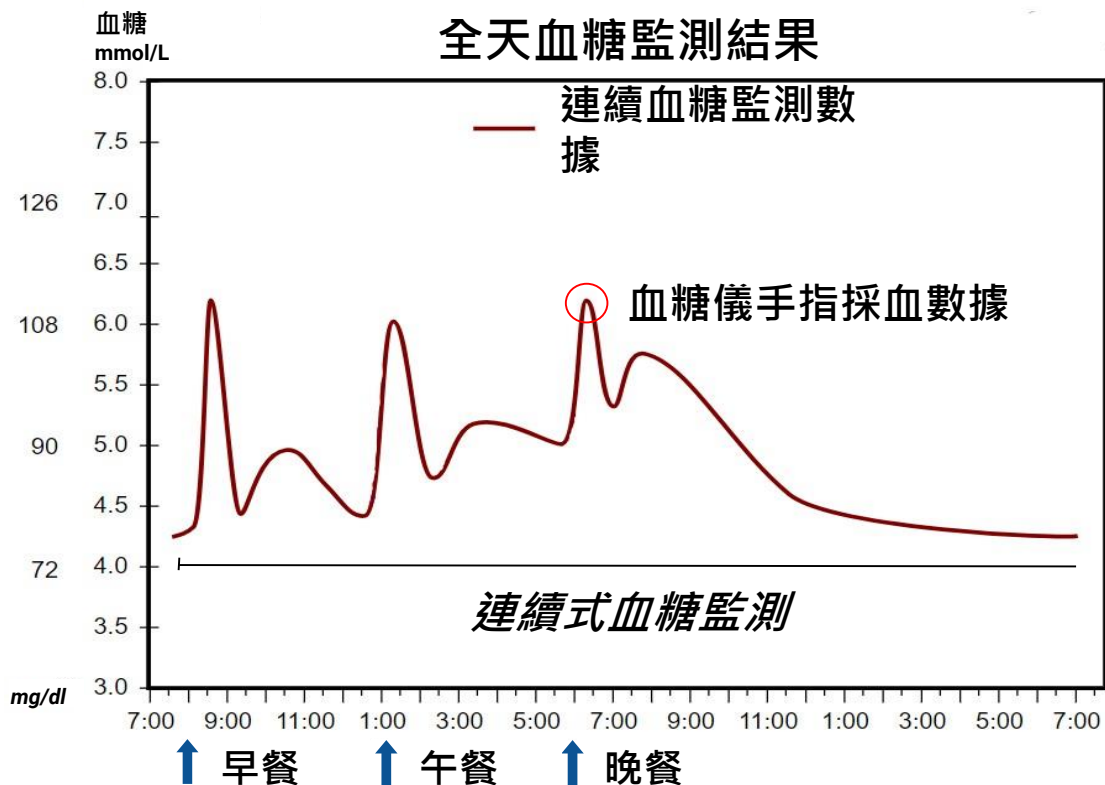
有兩種測量血糖的方法：**血糖儀**和**連續式血糖監測儀 (CGM)**。血糖儀是在每天的特定時間檢測血糖。連續式血糖監測儀是全天不間斷檢查您的血糖水平，並且這會比常規的血糖儀昂貴。



當您的血糖過高或過低時，請考慮以下可能影響血糖水平的因素：

- 飲食：不進餐或暴飲暴食；攝入酒精
- 運動：缺乏或過度運動
- 壓力和疾病
- 沒有服用藥物
- 藥物的副作用

**\*注意：血糖範圍可能會有所不同。  
請諮詢您的醫生獲取更多訊息。**



## 適合於糖尿病患者的血糖範圍

測試時間	理想範圍	可接受範圍
餐前	80-120 mg/dl	80 - 130 mg/dl
餐後兩個小時	<140 mg/dl	<180 mg/dl
睡前	100-140 mg/dl	100-160 mg/dl



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