

Home Monitoring of Blood Glucose: New Approach to Management of Insulin-dependent Diabetic Patients in Great Britain

P. H. SØNKEN, SUE JUDD, AND CLARA LOWY

The history of home monitoring of blood glucose by diabetic patients at St. Thomas' Hospital in London is reviewed. Initial successful experience with pregnant diabetic patients was extended to cover those with retinopathy and, subsequently, to all insulin-treated patients. Experience showed overwhelming preference by patients for blood glucose monitoring over urine tests and demonstrated improvement in blood glucose control. Experience in children 13 and older was equally (if not more) enthusiastic as in adults. Self-monitoring revealed many elementary mistakes in insulin therapy, which, when corrected, led to marked improvement in diabetic control with reduced frequency and severity of hypoglycemic attacks. Initial studies were made with Dextrostix and Eyetone. The need for a simple patient-oriented blood glucose machine was identified, and Glucochek was designed to meet it. Evaluation of Glucochek was satisfactory, and it was well liked by patients. It seems likely that blood glucose monitoring will replace urine tests in the majority of diabetic patients. *DIABETES CARE* 3: 100-107, JANUARY-FEBRUARY 1980.

Our experience with self-monitoring of blood glucose by diabetic patients started in 1974. By then it was clear that the outcome of pregnancy was dependent on strict blood glucose control, and, like others, we tended to admit patients in the last trimester of pregnancy. The ease with which one patient measured blood glucose on capillary blood from her finger using the Dextrostix reagent strip made us realize that this was a practical method of monitoring blood glucose.

INITIAL EXPERIENCE IN PREGNANCY

In 1975 a pregnant diabetic patient had a catastrophic reduction of her renal glucose threshold in the second trimester which led to a hypoglycemic convulsion. Urine tests became meaningless; the patient was very reluctant to spend the remainder of her pregnancy in the hospital, and so she was taught how to use Dextrostix and the Ames Eyetone reflectance meter to measure capillary blood glucose. She was soon able to bring her blood glucose down to normal, and she went on to be delivered of a healthy, normal weight-for-

dates infant at 40-wk gestation. Following this dramatically successful experience, we offered self-monitoring to subsequent pregnant diabetic patients and discovered, somewhat to our surprise, that the patients found finger-pricking and Dextrostix blood glucose measurement straightforward.

Before long, we were asking patients to make three preprandial blood glucose readings a day, together with one on retiring and occasional night-time ones to exclude nocturnal hypoglycemia. This has now become routine for all insulin-treated pregnant diabetic patients. Measurement of four blood glucoses each day was also invaluable when patients were admitted to the hospital for obstetric reasons. Now all pregnant diabetic patients admitted have a bedside Eyetone and usually perform their own measurements.

Among our pregnant diabetic patients we have seen three unmarried, long-standing renegade teenage diabetic patients who have achieved excellent control with this technique.

Fourteen insulin-treated, diabetic patients, who had been managed throughout pregnancy by self-monitoring, delivered after a period of gestation of 38.5 wk. Mean birth weight of 3234 g was 56 g greater than for healthy controls.

The average length of hospital stay has been reduced to 3

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**National High Blood Pressure
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High Blood Pressure for Dummies Alan L. Rubin,2011-02-14 New info on high blood pressure in women children and the elderly The fun and easy way to take charge of hypertension and add years to your life Are you battling high blood pressure This updated guide explains all the latest breakthroughs in the detection treatment and prevention of high blood pressure helping you determine whether you re at risk and develop a diet and exercise program to keep your blood pressure at healthy levels You ll also find new information on protecting your heart kidneys and brain and dealing with secondary high blood pressure Measure your blood pressure properly Develop a successful treatment plan Improve your lifestyle habits Evaluate new drug therapies Find resources and outside support **A Simple Guide to Blood Pressure** ,2005 This volume is a helpful step by step guide for anyone who wants to know about and avoid the causes and consequences of high blood pressure **Worst Pills, Best Pills** Sid M. Wolfe,2005-01-04 A consumer s guide to frequently prescribed medications offers information on dangerous drugs hundreds of safer alternative medications the two hundred most commonly prescribed pills and new drugs on the market Medical Physiology Rodney Rhoades,David R. Bell,2009 Now in its Third Edition this text clearly and concisely presents the physiological principles that are essential to clinical medicine Outstanding pedagogical features include Active Learning Objectives that emphasize problem solving applications of basic principles conceptual diagrams that help students visualize complex processes case studies Clinical Focus boxes and From Bench to Bedside boxes a comprehensive glossary and online USMLE style questions with answers and explanations This edition features a new Immunology and Organ Function chapter and a completely rewritten and reorganized cardiovascular section A companion Website will include the fully searchable text an interactive question bank case studies with practice questions animations of complex processes an image bank and links for further study **National High Blood Pressure Education Program (NHBPEP) Working Group Report on Ambulatory Blook Pressure Monitoring** National High Blood Pressure Education Program,1990 *The Human Body in Health and Illness - E-Book* Barbara Herlihy,2021-04-25 Binder Ready Edition This loose leaf copy of the full text is a convenient accessible and customizable alternative to the bound book With this binder ready edition students can personalize the text to match their unique needs Colorful cartoons engaging learning aids and an easy to read approach make it enjoyable to learn A P The Human Body in Health and Illness 7th Edition introduces you to the anatomy and physiology concepts you ll really use in healthcare practice Organized by body systems this text simplifies the often intimidating subject of A P with clear step by step explanations hundreds of full color drawings fascinating anecdotes relevant clinical examples and vivid online animations It illustrates how each organ system is designed to function and what happens when a system fails Written by well known educator Barbara Herlihy this text is an ideal solution for students whose background in the sciences is limited Colorful cartoons use humor to clarify and reinforce the content making it more memorable accessible and easy to understand Engaging learning and review features include Re

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Nonpharmacological Approaches to the Control of High Blood Pressure Joint National Committee on Detection, Evaluation, and Treatment of High Blood Pressure. Subcommittee on Nonpharmacologic Therapy, 1986

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Americans Over 100 United States. Congress. House. Select Committee on Aging, 1980

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Table of Contents Blood Prebure

1. Understanding the eBook Blood Prebure
 - The Rise of Digital Reading Blood Prebure
 - Advantages of eBooks Over Traditional Books
2. Identifying Blood Prebure
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Blood Prebure
 - User-Friendly Interface
4. Exploring eBook Recommendations from Blood Prebure
 - Personalized Recommendations
 - Blood Prebure User Reviews and Ratings
 - Blood Prebure and Bestseller Lists
5. Accessing Blood Prebure Free and Paid eBooks
 - Blood Prebure Public Domain eBooks
 - Blood Prebure eBook Subscription Services
 - Blood Prebure Budget-Friendly Options
6. Navigating Blood Prebure eBook Formats
 - ePub, PDF, MOBI, and More
 - Blood Prebure Compatibility with Devices
 - Blood Prebure Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Blood Prebure
 - Highlighting and Note-Taking Blood Prebure
 - Interactive Elements Blood Prebure
8. Staying Engaged with Blood Prebure

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Blood Prebure
- 9. Balancing eBooks and Physical Books Blood Prebure
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Blood Prebure
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Blood Prebure
 - Setting Reading Goals Blood Prebure
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Blood Prebure
 - Fact-Checking eBook Content of Blood Prebure
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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in the nitration of bromobenzene a mixture of sulfuric acid and nitric acid react with one another nitric acid the weaker of the two acids will serve as base to form nitronium ion bromobenzene will attack the nitronium ion by nucleophilic attack

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then actual is your actual findings yield actual theoretical $\times 100$ what are the possible side reactions of nitration of bromobenzene dinitration can occur at ortho para or at both ortho positions occurs in overheating meta product happens very rarely because bromine is an ortho para director

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the soap in the lab is not suitable for this purpose 2 return to the lab and apply mineral oil to the affected area theory and explanation of the nitration of bromobenzene if the temperature of the reaction mixture exceeds 60 o

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the bromine substituent in bromobenzene is an ortho para director the para position is favored due to steric effects in the reaction that takes place in this lab a nitro group is substituted onto bromobenzene at the para position to form 1 bromo 4 nitrobenzene

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study with quizlet and memorize flashcards containing terms like reacting sulfuric and nitric acid together produces the nitronium ion alone nitric acid is not a strong enough electrophile to react with bromobenzene sulfuric acid is added to the

nitric acid the reverse rxn can overheat and boil easily includes a claisen adaptor and

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over 5 minutes slowly pipet this bromobenzene into the icy cold nitration mixture hno 3 h 2 so 4 in the 125 ml flask and stir continue to stir the reaction mixture in the ice bath for 30 minutes do not heat in a new 250 ml erlenmeyer

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on the right the arenium cation has a nitro set with incredibly small 0 6 angstrom bond distances this will result in an optimization failure as the atoms are even close for the programme to accomodate their electrons demonstration of creating the p arenium cation by to nitration of bromobenzene

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the purpose of this lab was to observe where substituents are added on a benzene ring by way of electrophilic aromatic substitution the electrophilic source in the nitration of bromobenzene comes from a nitronium ion no2 which acts as the electrophilic species

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nitration of bromobenzene is an electrophilic aromatic substitution reaction the electrophile will be formed from 4 0ml of nitric acid and 4 0ml of sulfuric acid and will then react with 4 5ml of bromobenzene this will produce o bromonitrobenzene and p bromonitrobenzene

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lab report 10 nitration of bromobenzene raekwon filmore cm 244 section 40 march 27 2018 introduction for this experiment nitration of bromobenzene was the focus of the lab the benzene is an aromatic compound and when it reacts with wither a mixture of sulfuric acid or nitric acid creates what is known as a nitro group

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