

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

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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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Sid M. Wolfe



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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

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National High Blood Pressure Education Program (NHBPEP) Working Group Report on Ambulatory Blood Pressure Monitoring National High Blood Pressure Education Program, 1990

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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

The Amazing Way to Reverse Heart Disease Naturally Eric R. Braverman, 2004 Dr Braverman presents a 30 day hypertension diet emphasizing 50 foods that lower blood pressure and warning against 50 other foods that raise it Included are customized diet plans and information on supplements and stress control

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

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