

Things Needed to Consider During Self-Testing of Diabetes



In every family, some health issues occur due to several reasons. There are numerous health issues like

- Heart disease
- Renal infection
- UTI
- Diabetes and so on

It is needed to do a regular checkup of the health if someone is having any of such disease. Let's explore some facts about diabetes—

This is the most common disease and the physician may ask to keep track of blood sugar level at home with the devices that are called glucose monitor. This needs only a small sample of blood, mostly from the tip of the finger of a person or a measure of the amount of the sugar level in the blood. To add on, one should follow the instructions of the doctor to utilize the equipment in the right way. The doctor will guide about everything about diabetes like what activity, last meal, or other things that may affect the reading of blood sugar level. People need to note the following things—

- the name of medicine or dose that person took
- what person ate, when ate, or notate the meal
- what kind of exercise person do or not

The fasting blood sugar means the glucose test before taking the meal. If the fasting blood sugar level is less than 100mg/dl then this is a normal [range of fasting sugar](#). When the fasting blood sugar level is 100 to 125mg/dl then this is prediabetes if the level is up to 126mg/dl on two or three tests then the person having diabetes.



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