


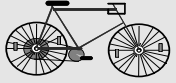


Name: _____

Discovery Record Form

Date	Fasting Blood Sugar (FBS)	 Breakfast foods eaten	1-2 hr blood sugar	Before lunch blood sugar	 Lunch foods eaten	1-2 hr blood sugar	Before supper blood sugar	 Supper foods eaten	1-2 hr blood sugar	Bed-time blood sugar	* 3am blood sugar	 Exercise today	Special comments (Anything different, not usual)
AVG													

Blood Sugar Targets (don't aim for perfection, aim to be in target most of the time)

- before meals, aim for blood sugars between 4-7 mmol
- 2 hours after meals, your target is < 10 mmol or a <2-3 mmol rise from before meal

* Test at 3am if you suspect or experience lows in the night

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 "Where People Learn to Make a Difference"

What Discovery Can Do For You

Few people achieve the blood sugar (BS) targets that experts recommend. There are many reasons for this, including:

- ♦ **Getting general information about diabetes, not specific advice** about how to manage diabetes in their own life – their foods, their medicines, their priorities.
- ♦ **Gathering just the numbers when they test.** When they or their doctor review the numbers, they do not know the conditions surrounding each number. If you do not know exactly what produced a number, you cannot know what to do to make it better.
- ♦ **Testing too little** to discover patterns & relationships.

With the Discovery process, you can learn exactly how your diabetes works and take specific actions to reach your goals. No more testing without improvement. And no more living in the “diabetes box.”

Diabetes Training 101, Inc.

This brochure is a companion piece to the books [Diabetes Myths, Misconceptions and Big Fat Lies!](#) and [Diabetes...Myth or Truth?](#) available at

www.diabetestraining.ca

Discover Your Diabetes



Are you frustrated by testing your blood sugar but seeing no improvement?

Do you feel like your life doesn't fit in the “diabetes box?”

Then use this simple tool to Discover how your diabetes actually works.

DIABETES TRAINING 101 INC AND THE DISCOVERING DIABETES™ PROGRAM

Where People Learn to Make a Difference

How to Make Monitoring Your “Tool of Discovery”

Step 1: Decide to Do It

If you are not sure why you should, read the **What Discovery Can Do for You** section of this brochure.

Step 2: Gather Information

Use the record form on the back to gather detailed information about your diabetes for at least 3-4 days. Repeat as needed. In addition to your blood sugar (BS) results, record the things that contribute to the numbers, such as what you eat and how much, medicines, exercise, and illness or stress. Go about your usual life. Eat the foods you enjoy and normally consume. This is how to learn the most about your diabetes – to find what is working and what is not.

Make Sure It Is the Right Information

BS's at different times give different information. In combination, they can show exactly how both your treatment and your own actions affect your BS. Fasting & before meal checks tell you if you have enough insulin* to control BS when you are NOT eating. They are also the starting point for seeing the effect of what you eat.

After meal checks show you if your insulin* matched what you ate.

Bedtime and nighttime checks show the pattern of BS's over night and can reveal unrecognized lows.

Checks before driving or exercising tell you where you stand when risk of lows is high or when going low would be dangerous.

When you have your records, move on to **Step 3.**

* whether from your body or from injections

Step 3: Use What You Find

Once you **Discover** a problem, take steps to correct it. As each problem is fixed, your overall control will improve.

Start with the Morning Fasting – if your BS averages over 6 before breakfast, especially if it rises over night, it can mean your body is releasing extra sugar at night. This problem is best treated with medicines. See your doctor. Starting high each morning makes it hard to control BS the rest of the day.

Highs Before Other Meals – if your BS averages above 6 before lunch or dinner after the morning fasting has been fixed, check to see if the BS two hours after the previous meal was too high also. If so, work on that.

Look at Each Meal – If your BS rises more than 2-3 points when you eat, it means there was not enough insulin* to match what you ate. Consider reducing carbohydrate to better match insulin**. This makes most sense if you are eating more than 45-60 grams of carb** at a meal. If your BG rises over 2-3 points when you eat less than 45-60 grams, your mealtime insulin* levels are too low. Talk to your doctor about adjusting medicines or doses. If after meal BS stays high, A1c will be above target.

If You Find Lows – BS of 4 or less means there was too much insulin* for the current need. This can happen if you delay or skip a meal or snack or are more active. If that was not the case, your medicines may need adjustment.

** If you do not know how to identify and count carbohydrate foods, ask your doctor for a referral to diabetes education.