



Easy Diabetes Journal: Starry Sky (Paperback)

By Dr Gary Smith

Createspace, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Tight control of blood glucose (sugar) levels is essential for those with Type 1 or Type 2 diabetes in order to stay healthy. The Easy Diabetes Journal will help you track all vital information about your diabetes and spotlight developing trends or problems, including tracking blood pressure. > Covers more than 52 weeks of readings (includes bonus weeks), up to four times per day. > Record oral medications (pills), or; > Record insulin injections or pump dosages for two types of insulin: slow-acting and fast-acting. > Record blood glucose levels four times each day (as prescribed by your doctor): fasting, lunch, dinner and bedtime. > Record blood pressure with blood sugar. > Keep detailed diabetes information in one place, such as insulin names, doses, glucose level and carbs targets, physician and pharmacy information. > Start whenever you like and fill in your own dates. > Flexible: track as much or little information as your doctor recommends. > Make notes about meals and snacks, carb counting, exercise, and events that will affect your readings, such as schedule and dietary changes. > Designed by a diabetic who...



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