Know Your Blood Sugar Level with Your Personal Glucometer

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Glucometer is a handy device used for blood glucose test to find glucose level in the blood without supervision of a medical professional. These devices have become commonplace now days with the advent of new technologies in medical diagnostic engineering. There are various makes and models of glucometer, or glucose meter available in the market, mostly in compact form and for home use. They are specifically designed for use by individuals without having any knowledge or training in medical profession.

Why does a household or an individual may need glucometer?

With changing lifestyles and speedy daily routines, people are becoming more prone to various diseases that stem from fast food and unhealthy eating habits. Diabetes or uncontrolled blood glucose is one such disease. Diabetes is a chronic condition that is affecting millions of people in the world. It is a metabolism disorder in which bodyâ€™s ability to regulate the glucose level in blood is severely degraded.

The digested food is passed to the bloodstream in the form of glucose after a few hours of eating and carried to the cells, which use it for producing energy. Metabolism is a process by which our bodies use digested food for growth and energy. Insulin, an enzyme produced by pancreas is required to carry glucose to our blood. When one suffers from diabetes, his or her pancreas does not produce enough insulin as required for delivery of glucose the cells.

Although diabetes is not curable, it can be managed. Diabetes patients need treatment, often a couple of tablets or an injection, whenever their blood glucose level is higher than a specified safe limit.

A glucometer becomes a gadget of the importance when one suffers from diabetes or is at risk of suffering from the same. Rather, it can be used by every individual periodically to detect if everything is going well and there are remote possibilities of suffering from diabetes. By virtue of modern technology, present day glucose meters can test very quickly and with increased level of precision of the results. The compact size allows this instrument not only to be kept at home but also to be carried with you when you are travelling.

How to perform blood glucose test using a glucometer?

The blood glucose test is very simple. Just pierce the tip of your finger with a fine needle, often supplied with the meter, to get a drop of blood, and collect it on a disposable strip provided with the glucometer. Insert the strip in the slot available in the meter. It will read and calculate the glucose level. After you get the value, dispose the strip off securely. These strips are initially provided with the glucometer, but later on, you have to purchase from the market once the first packet provided with the meter has exhausted. Most of the glucometers are designed to read the level in milligrams per liter.

How diabetes patients are benefited from glucometer?

The diabetes treatment often comprises of one or two tablets, or an insulin injection which has to be administered when your blood glucose level is high. The dosage is also adjusted according to the level. So, if you are diabetic and administer the diabetes medicine without knowing the blood sugar level, this may, in turn, result into hypoglycaemia, a condition in which the level of glucose in your

blood goes to extremely low level. Hypoglycaemia is a dangerous condition and requires immediate attention. It cannot be diagnosed without any blood glucose testing instrument as its symptoms often get confused with those of high glucose level. It is, therefore, very important to know your blood sugar level before taking diabetes medicine.

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Daniel reviews about a glucometer and says that a Health Care 4All is best for providing various makes and models of glucometer.

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