| AUDIO |
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| Hi, and welcome to part four of the... |
| "**GLUCOSE READINGS WITH MEANING**<br><br>" video series... |
| featuring the FreeStyle Libre 2 system, the world's #1 flash glucose monitoring system. |
| My name is Lori Berard. |
| I'm a nurse and Diabetes Educator. |
| In this video, you're going to learn how to read your glucose readings. We'll talk about |
| how food, activity, and medication can change your readings. |
| So let's get started! |
| You've scanned or viewed and now what?<br><br>Your current glucose reading tells you where you are.<br>It says 6.2. |
| The trend arrow tells you where you're going.<br><br>Ask yourself, are your readings rising...<br>changing slowly...<br>or falling?<br><br>Here, you can see it's changing slowly. |
| The glucose graph tells you where you've been.<br><br>Ask yourself, "how much time am I spending in my target range?" |
| ...and think about when you were out of target range. |
| That big hill between 4:30 and 8:00 o'clock is when your glucose readings were above target range |
| but you're back in target now. You were in target about half the time. |
| Finally, this is your glucose message and the background colour. They confirm you're in range. |
| What could've changed your glucose in the middle of the night? |

It is important to consider the effects of food, activities, medication, illness, stress, and alcohol on your readings.

Did you know that carbohydrates have the biggest impact on your readings?

Part of diabetes self-management is following a healthy eating plan and paying attention to carbohydrates.

Eating more carbohydrates than usual can make your numbers rise. Too little can make it fall.

Let's say your usual breakfast is two slices of toast with peanut butter and a half a banana.

This is what your scan or view could look like after breakfast. Your glucose is 6.2 and remaining steady.

Maybe you were craving waffles instead, so you had 2 waffles with strawberries and syrup

containing more carbohydrate than usual.

Later you scan or view, and you see your glucose is rising.

Another day, you were out of toast so you make yourself bacon and eggs.

Lots of protein, but fewer carbohydrates.

Two hours later you scan or view and your glucose is falling.

Can you see how the amount of carbohydrates can change your readings?

Regular physical activity is part of diabetes self-management, but like carbohydrates, it can affect your readings.

Let's say you walk daily for an hour after dinner. Here is what your scan could look like afterwards.

Notice that your glucose came down, stayed in target range, and your trend arrow is steady.

One day you return from your walk and decide to go for a bike ride.

This is more exercise than usual.

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| You scan or view and see that your glucose is falling. |
| Another day it's raining, and you decide to skip your walk.<br><br>That evening you scan or view and notice that your glucose is rising. |
| Looking at all three readings, can you see the difference between usual exercise, more... or less exercise? |
| Medication can also change your glucose. |
| For example, you take your diabetes medication in the morning. Here is what your reading could look like. Note that your glucose is in range. |
| The next day, you take more medication than required. You scan or view and see that your glucose is falling and below target range. |
| On a different day, you forgot to take your medication. You scan or view, and your glucose is rising. |
| See how taking the right amount, too much, or not enough medication can change your glucose? |
| Did you know...<br>stress, illness and certain medications can raise your glucose readings...<br><br>while alcohol can lower them? |
| You've been great at playing along so let's summarize! |
| It is important to scan or view often... so you can learn how different foods... |
| types of exercise... |
| ...and medications can change your glucose. |
| Your lifestyle changes can help you spend more time in target range. |
| And remember to look at all four elements of your glucose reading, where you are, where you're going and where you've been. |
| The more you scan or view, the more you'll learn, and the better you'll do. |
| In our next video, I'm going to introduce you to reports that you can access right from your app or reader. |
| Until next time! |
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