

Case Studies from the MyGlucoHealth Network



Juvenile Diabetes

Danielle is a 14-year-old high school student living in Southern California. She has been a type 1 diabetic since March 9, 2004. This date is remembered by their family almost with as much importance as her birthday. She is very active in dance, physical education, and fencing and wants to keep good control of her health by maintaining desirable blood sugar levels and A1C.

Danielle's parents were interested in the ability to upload results and have access to Danielle's tests on a real-time basis. They also were interested in anything that would motivate a teen to stay on track with frequent testing and maintaining desirable blood glucose levels.

For them, the ability to upload using her mobile phone and having the phone to review logs was very appealing. This draws less attention to her daily care since a teenager with diabetes wants to fit in just like everyone else.

Danielle tests with the MyGlucoHealth meter about 7 times per day and uploads her results using her mobile phone. As long as she has mobile phone coverage, there is no interruption of data flow and records. She does not need access to a computer or laptop and even if there is power outage, the mobile phone can transmit her results to the web for the clinicians or her Mom to review her tests. "No cables no sitting at the computer or laptop we just need a mobile phone signal".

In Her Own Words

"There are so many simple things I love about this meter. I love only waiting 3 seconds for a result. Especially when I'm exercising. How little blood is needed on the strip. The software is such a time saver. Being able to upload results through my phone is extremely convenient, especially when I'm on the move I don't have to organize my glucose data anymore. MyGlucoHealth does it for me by the time of day, down to every meal. Easy to printout such valuable info for my records or for doctor's appointments.

I also, love, love the strip release button. I don't have to lick the blood off of my finger anymore. The lancing device is really cool too because it looks like a pen and I don't have to pull anything back, I just have to click."

According to Danielle's Mom, even if she were on a trip in Minneapolis and was having difficulty with control, as long as her mobile phone had coverage, she would be able to send the data to the web and call her normal doctor from across the country to make adjustments and help her manage her condition. This would keep her from having to go into a new doctor or an emergency room where they know nothing about her health history.

Regardless of whether Danielle is, at friends, at camp, school, or on vacation she does not have any interruption in the transfer of her test results to the web. By accessing the online data and charts, her parents have seen patterns that have helped them make adjustments and maintain better control of her blood sugar. Since her last appointment with the specialist, they could see that she needed to keep her overall sugars lower in order to maintain an A1C under 7.2. She has been very successful at doing this.

Danielle uses her mobile phone to review the past 1 or 2 days of readings. This is the first mobile phone Danielle had owned and is a huge motivator for her to continue using it for the management of her diabetes. She can upload at any time, anywhere. If she goes to bed and realizes she has not uploaded, both her mobile phone and meter are always on the bedside table and she can send the results before going to sleep.

The meter looks very similar to a mobile phone, which is great since it draws less attention. She carries it in a make-up kit and would love to see skins or covers for the meter.

Her mother loves the fact that they her tests are recorded and available for review at all times, with no reason for interruption. When Danielle has challenging days, and just wants to forget, for a little while, that she is diabetic, her Mom has access to her tests and takes over, giving her direction and break from the decisions on how to respond with adjustments to dosage, basal rate, or bolus, carbohydrates, etc.



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