

Case Studies from the MyGlucoHealth Network



Improving the Lifestyle of Type 2 Diabetics

Jason is a 53-year-old telecommunications consultant living in a suburb of Atlanta, Georgia. He is self-employed and travels about 30% of the time. He was diagnosed with Type 2 diabetes three and half years ago, but admits that he exhibited all of the signs of being pre-diabetic for much of his adult life. He weighs 260 pounds, which is heavy for his thin-boned 6'1" frame. In addition to diabetes, he is being treated for hypertension, a hereditary condition that both of his parents exhibited.

When traveling and even when living at home he has a difficult time complying with any kind of meal plan and until he started using the MyGlucoHealth meter he says he was only testing every day or so. At first he was in denial about his diabetes, until his doctor began threatening to put him on insulin if his HbA1c didn't go down.

Jason truly believes he's an active person, yet his formal exercise routine is limited. He bikes on weekends when the weather is good and plays golf 2-3 times a month, but hardly ever visits the gym or works out in his home gym. He's asked for help and support from his wife, but then does not appreciate it when she tries to monitor his food or make suggestions.

"I love the fact that the MyGlucoHealth meter is so easy to use. It takes just the smallest amount of blood and if for some reason I miss it the first time, I have a full minute to go back to fill the test chamber. That saves me a lot of wasted strips."

A recent cardiac scare made Jason realize that he had to take his diabetes and overall health more seriously. Even though the cardiac event was categorized as more panic related than coronary, Jason started looking for ways he could improve his lifestyle and better care for himself.

Using the MyGlucoHealth meter and the tools on the MyGlucoHealth Network, Jason now tests his blood 3 times a day. He uses the online tools on the web site to keep track of his diet, blood pressure, medications, exercise, medical history and doctor's appointments and uses the MyGlucoHealth mobile application to read and review his readings using his Blackberry mobile phone.

SMS text message reminder system and e-mail summary statements on MyGlucoHealth helps Jason stay in daily touch with his overall status. When he visits his Internist, he can share his readings directly with his physician by logging in to the Internet using his doctor's computer.

For Jason, MyGlucoHealth has proved to be a tool that he can use to not only monitor his day to day condition, but he can use it as means of motivating himself to follow a routine that leads to a healthier lifestyle.

In His Own Words

"As a fifty something father and husband, my priorities keep changing. I know I won't live forever, but I want to live a lot longer than my father did and do it in a lot healthier manner. The biggest thing I like about MyGlucoHealth is the instant recording of readings and automatic upload to the web site. When I was first diagnosed with diabetes I thought my world was crashing down around me. Then when my doctor handed me a logbook and said test 3 times a day and bring this little book in to him on my next visit, I thought I was in grade school again."

I love the fact that the MyGlucoHealth meter is so easy to use. It takes just the smallest amount of blood and if for some reason I miss it the first time, I have a full minute to go back and fill the test chamber. That saves me a lot of wasted strips. I hate to waste things.

My doctor is not the most technically savvy guy, but he really appreciates having more data to evaluate my condition and help me lower my HbA1c. When he first saw the charting features of MyGlucoHealth, he became a believer.

Today, my meter is a regular part of my life and lifestyle. I test, upload and have real-time data that I can use to monitor my diet and keep me on track."



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