

Case Studies from the MyGlucoHealth Network



Visually Impaired User

Kim is a 51-year-old speech-language pathologist living in a remote town in Alberta, Canada. She has been a type 1 diabetic since the age of 3. She has been completely blind for over 25 years. She lives alone, loves her independence and has many challenges in the control of her diabetes, particularly in testing and being able to determine and manage her blood sugar level.

When she was introduced to the MyGlucoHealth Network, Kim was excited about the ability to test using very small blood samples, since over the years her fingertips have become heavily scarred. The MyGlucoHealth meter requires such a small sample that she is able to test easily without multiple needle pokes. In addition, the meter allows the user up to a minute to fill the test chamber on the strip, so she wastes less strips when she can't fill it on the first try.

The key success of the meter with Kim is the ease of use. The beeps from the MyGlucoHealth meter make it easy for her to know whether her sample is enough and if the result was achieved.

Once she completes a test, she can upload the result by herself and have her mother or sister log on from miles away to read her the result over the telephone.

Despite her visual handicap, Kim on average tests 3 times per day. She is able to test independently and upload the results directly through her computer without the aid of another person.

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With detailed charting and documentation of my test results we realized that I needed to have my night readings monitored carefully. My blood sugars are never the same from one day to the next so it is critical that I test and have access to my reading in order to manage my diabetes.

When my blood sugars in control, I have a better feeling of wellbeing!"

She is very interested in having her data charted for her and available at all times to her specialist. Prior to the MyGlucoHealth meter, she had been limited to testing only when another person or aid is available, and charting her blood glucose levels was an impossible task. The online data and charts provide her doctor with a unique perspective of her day-to-day condition. This data was never available before as it was very difficult for Kim to keep a log. Her specialist has taken the information and made adjustments to help better manage her diabetes.

In Her Own Words

"I have been a diabetic since the age of three. I lost my sight when I was 25 due to retinopathy and also suffer from gastropathy and neuropathy for the past 14 years. Prior to using the MyGlucoHealth meter, my blood sugar levels were consistently high because I was not able to test on my own. My old talking glucometer broke down, but I found it was difficult for me to use as it often took me 6 pokes to get enough blood for my readings. My fingers have a lot of scar tissue from years of testing. With other meters that I tried I was never sure whether my test was successful or not. With the auditory signals of the MyGlucoHealth meter I know when my test is successful and it takes such little blood that I rarely have to poke more than once! Now that I have the MyGlucoHealth meter and data on the web, I have records that I never had before. My doctor is very impressed with the ability to look at my records from his office and make recommendations.

With detailed charting and documentation of my test results we realized that I needed to have my night readings monitored carefully. My blood sugars are never the same from one day to the next so it is critical that I test and have access to my reading in order to manage my diabetes. I upload my test results on a regular basis and the system is easy to use. I have access to this data, wherever I am, at home, at work, at my doctor's office or at friends. Since I started using the MyGlucoHealth meter, my A1c went from 10.3 To 8.3.

The improvement the meter has made on my health is "increased energy" and lowered my A1c. When my blood sugar is in control, I have a better feeling of well being!"



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