

What's the BUZZ...

blood glucose meters?

Jayne Lehmann reviews the current market and glimpses what's just over the horizon of self-monitoring.

Blood glucose meters support people with diabetes to be actively involved in their diabetes care. They provide 'insider information' on blood glucose levels (BGLs) to help evaluate the impact of diet, exercise and stress as well as any diabetes medication.

The abundance of portable meters available can make it hard to decide the best suited to your diabetes and lifestyle, so the table below summarises some on the Australian market.

Before buying a new meter

- **Work out what you want your meter to do before looking at new meters**
- **Talk to a CDE/DE about the features and meters best suited to your needs**
- **Look for reviews of meters by other people with diabetes on the Internet**
- **Talk to your friends with diabetes – what meter do they use and what do they like/don't like about it?**

The future of mobile monitoring

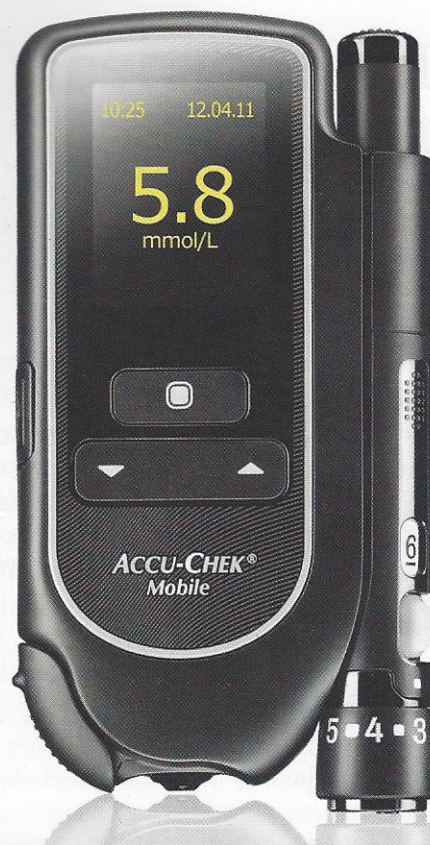
Meters are being developed that let you upload and forward diabetes care information to health professionals. The longer term will see a smart contact lens that includes a blood glucose meter and a nano-sensor inserted under the skin to record BGLs.

To help choose and make the most of a BGL meter, see a Credentialed Diabetes Educator: www.adea.com.au



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Meters by feature

Meter groups	Feature summary	Examples	Special considerations
Basic	Easy to use, accurate results with basic functions	AccuChek Performa II BG Star Nipro True Result SensoCard	
Mini	Smaller version of the basic meter	Accu-Chek FreeStyle Freedom Lite Nipro True Result Twist	Can be attached to the strip container
Strip free	Strip-free: 50 blood glucose checks in one disposable cartridge	Accu-Chek Mobile	Subsidised use in type 1 diabetes only via NDSS
Blood and ketone testing	A meter that can check both BGLs and ketone levels using separate test strips	FreeStyle Optium	Usually only people with type 1 diabetes check their blood or urine for ketones
iPod/iPad 4 compatible	A meter that utilises the iPod/iPad 4 to display BGL results.	iBG Star	Version 5 iPod/iPads require an adapter to connect
Advanced	Supports BGL checking, advanced analysis of results and uses an algorithm to support multiple daily insulin dosing for carbohydrate consumption	Accu-Chek Aviva Expert Bayer Contour Link FreeStyle InsuLinx OneTouch Verio IQ	Designed for individuals using insulin – education session with a CDE/DE* strongly recommended before using
Talking meter	A meter with audio that prompts during the BGL check and announces result	SensoCard Plus	Useful for individuals with visual impairment or confusion

Blood glucose meters/sensors are available from Credentialed Diabetes Educators/ Diabetes Educators, diabetes consumer organisations, the local pharmacy or providers of quality health products