

## Practical Use of Self-Monitoring of Blood Glucose Data

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### Abstract

Self-monitoring of blood glucose provides information about blood glucose control. The data become useful information and knowledge through careful analysis for patterns that are appropriate or can be corrected. Some analyses can be performed on newer blood glucose meters, but most often, this needs to be done on a computer, tablet, or smartphone. There are a few established methods of presenting the data that make analysis easier. In this article, we discuss four types of data presentations and the methods for utilizing them.

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**Abbreviations:** (CGMS) continuous glucose monitoring system, (CIR) carbohydrate-to-insulin ratio, (ISF) insulin sensitivity factor, (SMBG) self-monitoring of blood glucose

**Keywords:** analysis, carbohydrate-to-insulin ratio, computer, diabetes, glucose, insulin sensitivity factor, self-monitoring of blood glucose software

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