



**A NEW WAY OF CONTROLLING YOUR BLOOD SUGER: AN OVERVIEW OF THE FREESTYLE LIBRE**

**What is it?** A flash system for monitoring glucose in the interstitial fluid (sugar between cells). The FreeStyle Libre sensor, which stays on the skin, continuously measures glucose (sugar level) and FreeStyle Libre reader can scan the information emitted by the sensor.

**What is the difference between a standard glucometer and FreeStyle Free glucose monitoring flash system?** The traditional blood glucose meter uses a drop of blood at the fingertip to measure the current blood glucose. FreeStyle Libre is a continuous interstitial blood glucose monitoring system that stores up to 8 hours of data. When the reader scans the sensor; 3 relevant informations are available to help make informed choices when managing blood glucose:

- 1- The current blood glucose
- 2- The trend (arrow) that takes the blood glucose e.g: hypoglycemia, hyperglycemia or stable
- 3- The history of the data collected as a graph

**Where to wear the sensor?** On the back of an upper arm where it is protected from bending or folding. Selected site should be at least 1 inch from an insulin injection site. The site should be cleaned with alcohol and let dry before installation. The Sensor has a small, flexible tip that is inserted just under the skin. The sensor can be worn for up to 14 days. Remember that the Sensor Applicator contains a needle. Choose a different site each sensor change. Some people may have an allergic reaction (rash) at the installation site because of the adhesive on the sensor. In these cases, it is necessary to use a cavillon buffer sold in pharmacies.



**Who can use it?** Clients over 18 years of age that have at least 2 years of experience managing their diabetes.

**When to test your blood glucose (finger prick)?**

Glucose in the interstitial fluid is not as accurate as the blood glucose (finger prick). There can be a 20% difference between the 2 results. In addition, there is an average 10 minute delay between the value from the blood (faster) compared to the one from interstitial fluid (slower), that is why it might be important to validate with blood glucose at the following times:

- A) When sugars are rapidly changing (rising or falling);
- B) If need to confirm a hypoglycemia (low blood sugar);
- C) If symptoms do not match the Freestyle Libre Flash Glucose Monitoring reading;
- D) If glucose reading does not include Glucose Trend Arrow or a Current Glucose number.

**Cost:** Freestyle Free glucose monitoring flash system is covered by some private insurance. You must contact your insurance to get the details. Without insurance, the approximate cost is \$ 50.00 for the reader and \$ 100.00 for each sensor (1 sensor is needed every 2 weeks, thus \$200/ month). As a comparison, the standard glucometer is offered for free with purchase of blood strips, sold at a price of approximately \$ 1 / strip. If a person taking insulin tests his blood sugar 4 times a day, it will cost him \$ 120 / month. Most private insurances cover strips, as well as government programs (some restrictions apply on the number of strips available annually). If you have a Freestyle Libre, remember to always carry up-to-date blood strips with you. Managing your diabetes with a Freestyle Libre is especially recommended for people who have to check their blood glucose 4 times a day or more, such as people with type 1 or type 2 diabetes taking insulin.



**Important Dates**

May 10<sup>th</sup> & June 7<sup>th</sup> 2019

Cooking Class and Grocery Tour from  
 8:30 am to 12:00 pm.

**Registration is mandatory**  
*\*with valid health card\**  
 613-632-1111 ext. 52701.

**New:**  
**Recipe book « Cuisiner avec des diététistes » (French version only) available for \$7.**

**Salmon and Rice Buddha Bowl**

(4 servings)

**Ingredients:**

- 1 1/4 cup rice, long grain
- 4 eggs size large
- 2 carrots, grated
- 2 stalks celery, finely diced
- 2 green onions/scallions, finely chopped
- 1 1/2 cup green kidney / flageolet beans (canned), rinsed and drained
- 3 tbsp extra virgin olive oil
- 2 tbsp lemon juice, freshly squeezed
- 400 g salmon, canned
- 2 cups baby arugula
- 1 pinch salt [optional]
- ground pepper to taste [optional]
- 2 tbsp fresh cilantro [optional]

**Method:**

- 1- Cook the rice. Let stand in the refrigerator at least 1 h.
- 2- Boil the eggs (10 min), cool them down immediately in cold water. Set aside.
- 3- When ready to serve, prepare the vegetables : grate the carrots, dice the celery, and chop the green onions. Put them in a salad bowl, with the rice, flageolet beans and arugula. Drizzle with the oil and lemon juice. Adjust the seasoning, then toss.
- 4- Transfer the salad to serving bowls. Cut the salmon into pieces and quarter the eggs. Place them on top of the salad, garnish with cilantro and serve.

**Nutritive Value (per serving)**

610 calories, 24 g fat, 64 g carbohydrate, 4 g fibre and 32 g proteins

Source: <https://www.soscuisine.com/recipe/salmon-rice-buddah-bowl>

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**EATING TO PREVENT,  
 CONTROL  
 AND REVERSE DIABETES.**

