Using ⇒ Be-There to track a day of a diabetic patient











Eating sweets in the office

Insulin iniection









Breakfast

Mornina

Before lunch break

lunch

Afternoon

After work

Dinner

Before going to bed



Blood glucose tests

In the morning I'm usually in hyperalycemia I feel weak and not so comfortable

I calculate the carbohydrates that I consume at lunch time and I run a glucose test. Quickly after lunch I take a break in the restroom and hide for an insulin injection

Always before having a drink after work, a quick alucose test

After I run to catch up the metro I'm usually in hypo around 10 AM, I know it because I can feel it on my body but I still take a glucose test just to make sure.

I check one or two times my that I've done the injection