

Health Bulletin

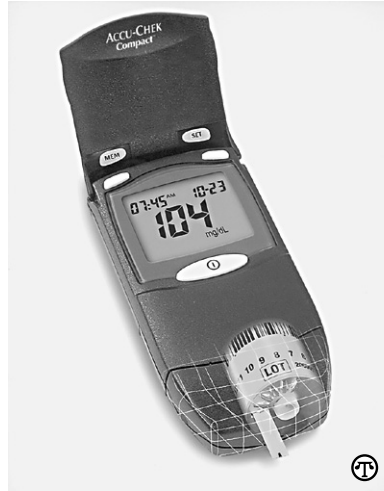
People With Diabetes Save Time With New Technologies

(NAPSA)—Nearly 17 million Americans have diabetes, and the incidence is increasing. By the year 2010, the number is expected to reach more than 18.8 million. Bad eating habits, sedentary lifestyles and the growing percentage of older people contribute significantly to the rising number of Americans with diabetes.

According to the American Diabetes Association, diabetes is the result of the body's inability to produce or properly use the hormone "insulin." Insulin helps convert sugar, starches and other food into energy. Further, diabetes can be fatal or cause serious complications, which range from blindness and cardiovascular disease to the need for amputation.

People who have the disease need to proactively manage it in order to delay the onset of complications. They have to eat well, exercise and test their blood glucose levels several times each day.

New technologies are making testing blood glucose levels easier. The Accu-Chek Compact™ blood glucose system, for example, includes a drum that contains 17 test strips, which eliminates the need to handle individual strips. This blood glucose system uses infrared technology. With this technology, users can actually beam their blood glucose levels to their handheld computer, by downloading software such as Accu-Chek Pocket Compass Diabetes



New technology is making it easier for people with diabetes to check their blood sugar.

Care Software™. This software runs on the Palm OS® Platform. Combining these two technologies, users can record information at any time and any location.

Kevin Carlisle, a firefighter, a paramedic, and a father of two who was diagnosed with diabetes in 2000, found keeping track of his blood glucose levels added to his already long list of daily tasks. He has found that these new technologies are a fast and easy-to-use way to monitor his blood sugar levels.

"It was difficult for me to control my diabetes because I couldn't afford to take the time to test

my blood glucose levels," said Carlisle. "The Accu-Chek Compact system helped me cut down the time it takes because I only have to insert the drum of test strips and press a button. I can easily download data into my handheld computer using the meter's infrared technology, which actually beams the data."

Blood glucose levels fluctuate throughout the day depending on diet, exercise, stress, illness, insulin and diabetes medication, according to the American Diabetes Association. Therefore, testing on a regular basis allows individuals to better track these changes and to make the necessary adjustment to increase or decrease their blood glucose level. People with diabetes should check blood glucose levels at least two to four times a day.

"Blood glucose monitoring, along with diet and exercise, is the key to diabetes management," commented Bret Wittmer, MD, at Commonwealth Biomedical Research in Madisonville, Ky. "Both the Accu-Chek Compact system and Accu-Chek Pocket Compass software allow my patients to check their blood sugar levels virtually anywhere, allowing them to better manage the disease."

For more information about diabetes and Accu-Chek products and services, visit www.accu-chek.com.