

My impression of what's going on...

- He is feeding his insulin '*snacking to curb hunger and lows.*'
- His body has adjusted to higher blood glucose tolerance, hence a 'low' sensation is not necessarily a 'low.'

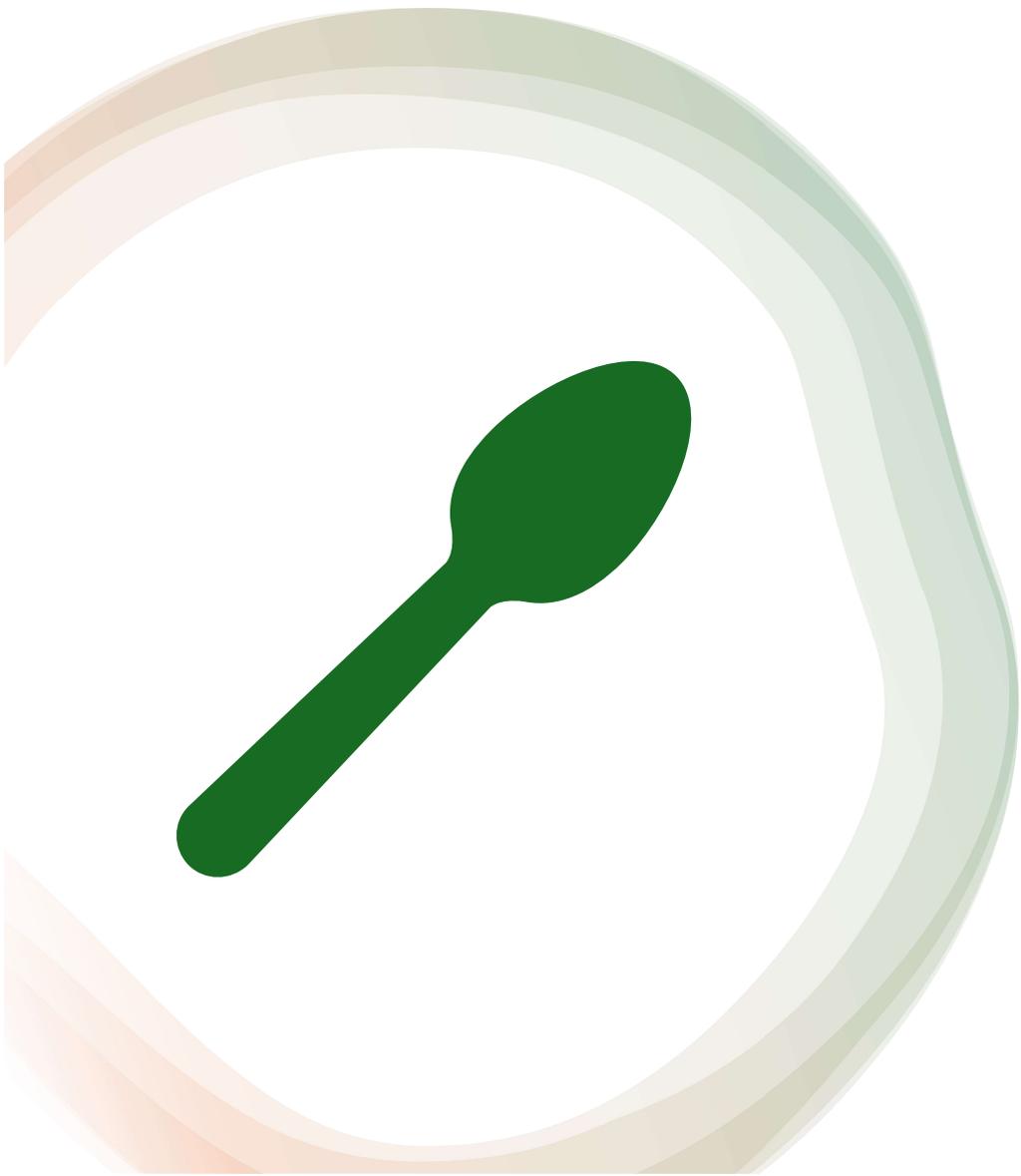
HbA1c between
58 -64 mmol/L

HbA1c mmol/mol (new units)	HbA1c % (old units)	Estimated average glucose mmol/L
42	6	6.9
53	7	8.5
64	8	10.2
75	9	11.8
86	10	13.3
97	11	14.9
108	12	16.5
119	13	18.1

Recommendations

- Chrononutrition
 - Circadian Rhythm + Intermittent Fasting Concept.
 - Keep to an eating time of 12 hours.
 - Early dinner, no food after 8 pm.
- Manage potential overnight low
 - Reduce evening Protophane to 18 units.
 - Pre-bed blood glucose management – 8-10g snack as required.
- Something to Consider
 - Choose lower carbs bread.
 - Increase resistance starch – leftover rice/potatoes/noodles.





His Action Plan

- Cut out after dinner snacks.
- Wear a Libre Sensor for 2 weeks.

Libre Sensor 2

- Purchase and wearing the sensor
 - [Step 1: MediRay New Zealand - Mediray](#)
- Allow me access to their record
 - Through the LibreLink up App using my Practice ID.
 - Once linked, I will get an email.
 - Check on LibreView.
- Schedule appointments to review the sensor record
 - At 5th –9th day of starting the sensor.
 - Within 1 week after the sensor finishes.



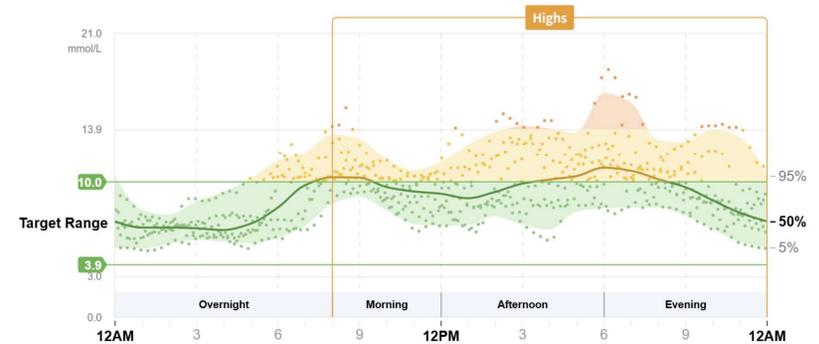
Insights

- Reduce carbs portion for breakfast and afternoon snacks improves post-meal blood glucose.
- Dietary changes has more impact on his blood glucose than exercise.
- Adding healthy fat to 'bad' carbs 'dampened' blood glucose excursion.
- More in control over his blood glucose and less panicky.

New Goal:

- Achieve HbA1c of around 50mmol/mol without significant hypos.
- Improve 'within target range' to between 80-85%.

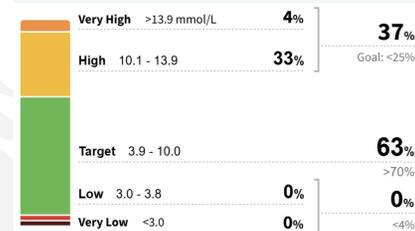
Glucose Patterns (14 Days)



Selected dates: 3 Apr 2025 – 16 Apr 2025 (14 Days)

Time sensor active: 55%

Time in Ranges



Glucose Statistics

Average Glucose
9.2 mmol/L Goal: ≤8.6 mmol/L

Glucose Management Indicator (GMI)

Approximate A1C level based on average CGM glucose level.
7.3% Goal: ≤7.0% | 56 mmol/mol Goal: ≤53 mmol/mol