

# Παρουσίαση Προγράμματος MycelInono Και Συστήματος Συνεχούς Καταγραφής Γλυκόζης Dexcom

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Παπά Κυριακή  
Διαιτολόγος – Διατροφολόγος MSc

# Αντλία ινσουλινης Cellnovo



Pump



Handset



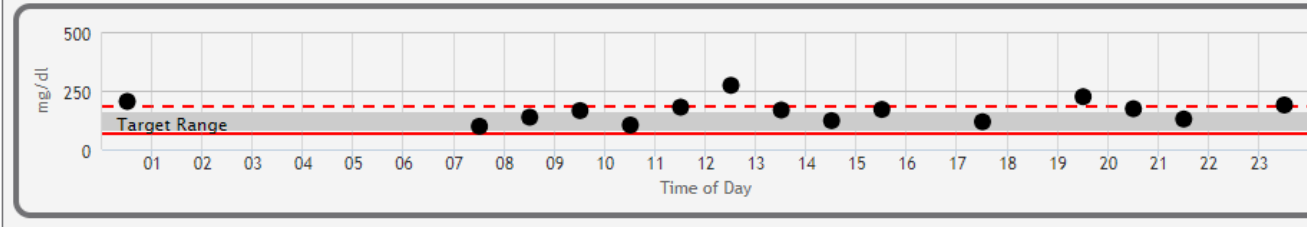
Online

## Summary Scorecard

7 Days 14 Days 30 Days 90 Days

BG Summary		Insulin Summary		Food Summary		Activity Summary	
Avg. Reading (mg/dl)	154.2	Avg. Daily Insulin (Units)	29.03	Avg. Daily Carbs (grams)	150.5	Avg. Daily Activity Score	21.7
Avg. Daily Tests	7.0	% Bolus	59	Avg. No. of Items Per Meal	1	Total Score	129.9
Total Hypos	0	% Basal	41	Total Carbs (grams)	903	Low/MedLow Zone (%)	98 / 1
Total Hypers	11	Avg. No. Daily Boluses	6.0	Avg. Carbs per Meal (grams)	29	MedHigh/High Zone (%)	1 / 0

### Average Blood Glucose Readings



## 1 Day View

View your data over a 24-hour period by selecting any day from the calendar below:

Select a date:

Timeline **Journal**

### Advanced View

[Hide Advanced View](#)

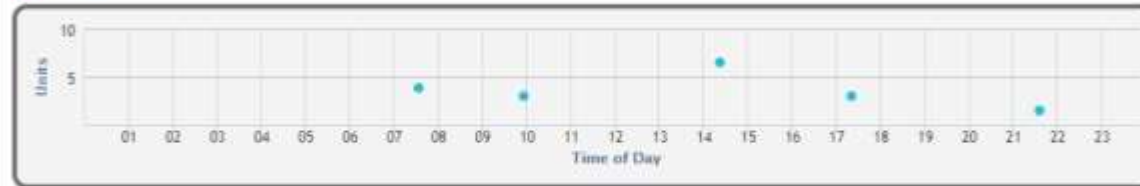
	00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23
								83.0	137.0	174.3					94.0			110.0					125.0	
	0.40	0.40	0.40	0.50	0.60	0.60	0.60	0.50	0.50	0.40	0.40	0.40	0.40	0.40	0.40	0.50	0.50	0.50	0.40	0.40	0.40	0.40	0.40	0.30
								3.85		3.00					6.50			3.00					1.50	
								25		30					65			30					15	
								1.0	5.3	1.1	1.4	1.6	1.0	2.1	1.1	0.1	0.3	2.6	0.8	0.5	1.4	1.4	1.1	0.9

### Blood Glucose

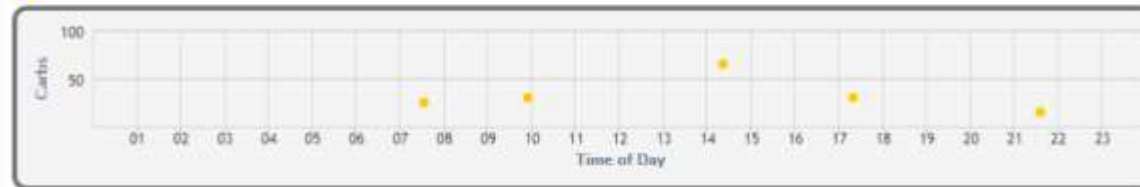


### Basal

### Bolus

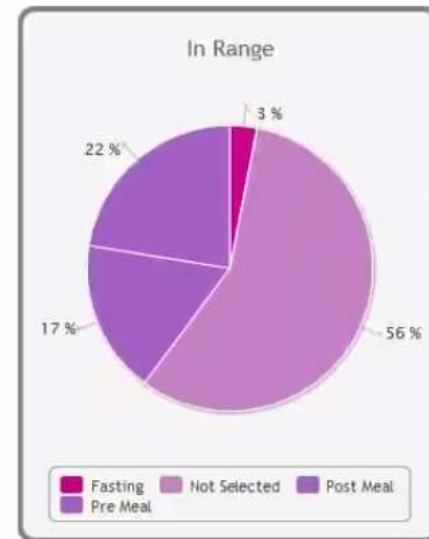
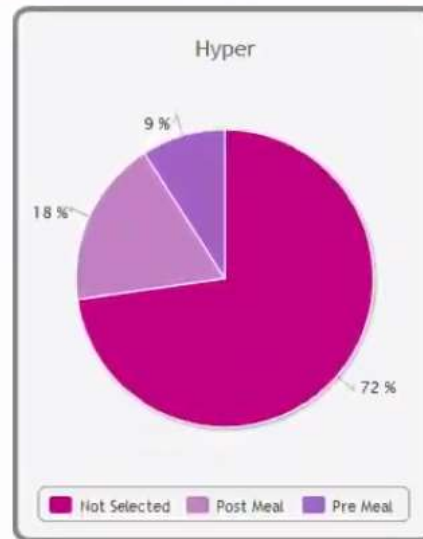
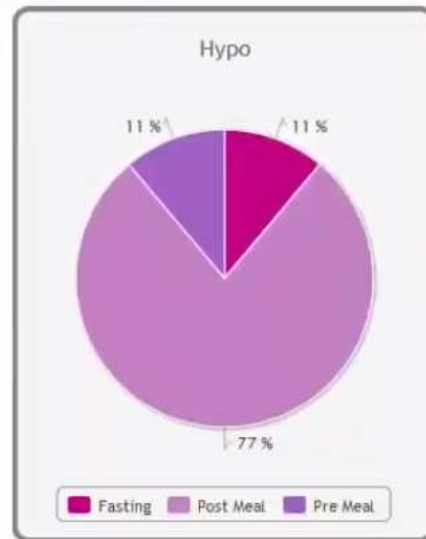
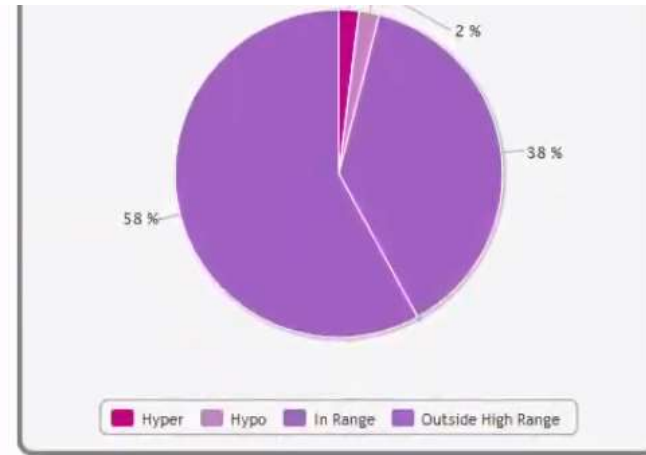
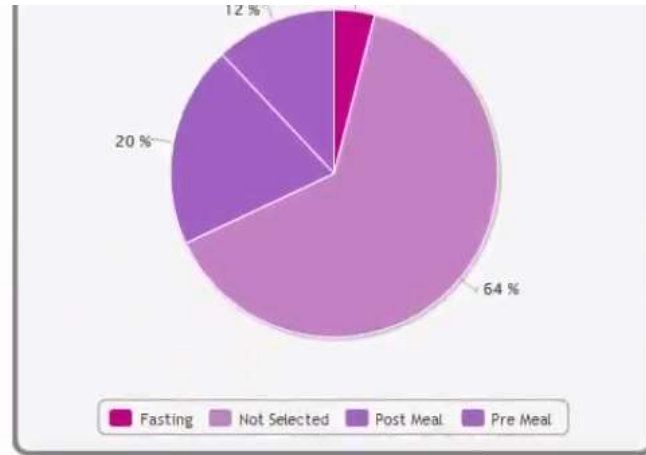


### Food



### Activity







## analytics

View your overall data analytics.

Blood Glucose Insulin Food Activity

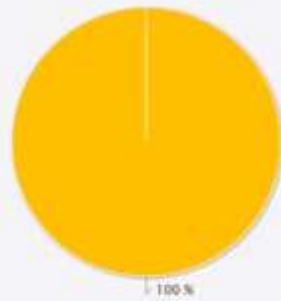
Select a start date: 14 September 2012

Select an end date: 11 December 2012

Submit

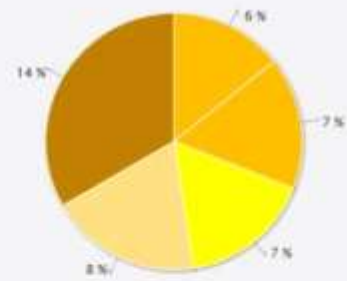
### overview

#### Food/Bolus Breakdown



Food without Bolus

#### 5 Most Popular Foods



Apple Ham and Cheese Sandwich Toast Steak and Chips vegetable

### bolused without food

The following foods were entered into the Bolus calculator but not selected and therefore not included in the final Bolus.



## cause & effect

View the effect of your food consumption.

Select a start date:  Select an end date:

Click on any food item to view your Before & After Analysis.

Show  entries Filter

Item	Carbs	Date	
Weetabix	40g	01/12/2012 07:50:57	<input checked="" type="checkbox"/>
Ice cream	35g	01/12/2012 11:10:57	<input checked="" type="checkbox"/>
Pasta and Chicken	50g	01/12/2012 12:30:57	<input checked="" type="checkbox"/>
Pizza	60g	01/12/2012 18:45:57	<input type="checkbox"/>
Weetabix	40g	02/12/2012 07:50:57	<input type="checkbox"/>
Ice cream	35g	02/12/2012 11:10:57	<input type="checkbox"/>
Pasta and Chicken	50g	02/12/2012 12:30:57	<input type="checkbox"/>
Pizza	60g	02/12/2012 18:45:57	<input type="checkbox"/>
weetabix	40g	03/12/2012 07:50:57	<input type="checkbox"/>
Ham Sandwich	65g	03/12/2012 11:10:57	<input type="checkbox"/>

Item	Carbs	Date	
Weetabix	40g	01/12/2012 07:50:57	<input type="checkbox"/>
Ice cream	35g	01/12/2012 11:10:57	<input type="checkbox"/>
Pasta and Chicken	50g	01/12/2012 12:30:57	<input type="checkbox"/>
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Ice cream	35g	02/12/2012 11:10:57	<input type="checkbox"/>
Pasta and Chicken	50g	02/12/2012 12:30:57	<input type="checkbox"/>
Pizza	40g	02/12/2012 18:45:57	<input type="checkbox"/>
weetabix	40g	03/12/2012 07:50:57	<input type="checkbox"/>
Ham Sandwich	45g	03/12/2012 11:10:57	<input type="checkbox"/>

Showing 1 to 10 of 45 entries ▶

**View Data**



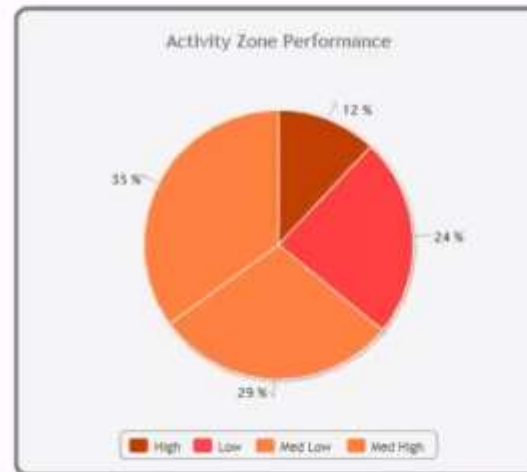
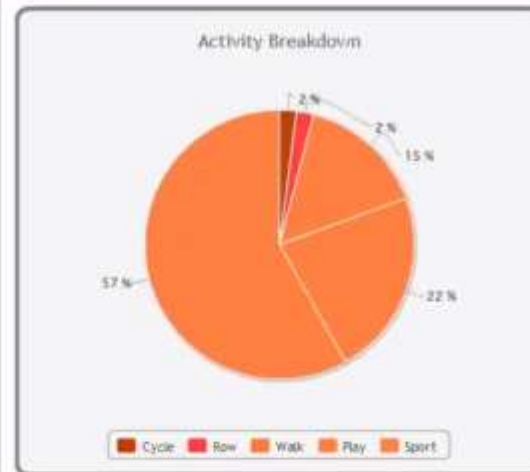
## analytics

View your overall data analytics.

Blood Glucose Insulin Food **Activity**

Select a start date: 14 September 2012 Select an end date: 11 December 2012 Submit

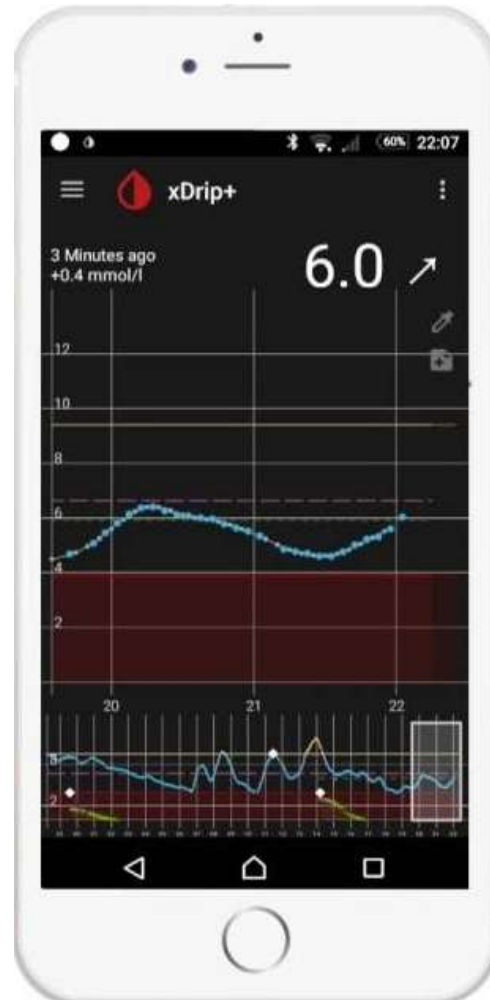
### overview



### activity breakdown

The following table shows a breakdown of individual activities completed.

Dexcom CGM KAI NIGHTSCOUT



**NIGHTSCOUT**  
#WeAreNotWaiting

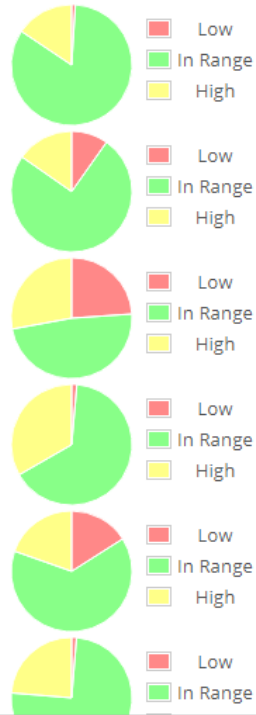


**NIGHTSCOUT**  
#WeAreNotWaiting

# Nightscout



## Daily stats report

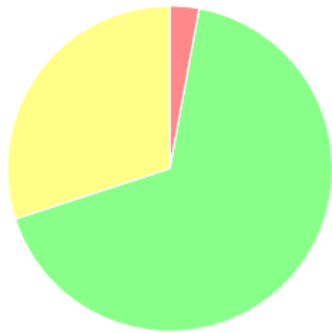


Date	Low	Normal	High	Readings	Min	Max	Average	StDev	25%	Median	75%
Monday 17/12/2018	1%	83%	16%	199	87	253	148.4	33.8	123.0	143.0	167.0
Tuesday 18/12/2018	10%	75%	15%	215	51	258	139.3	43.3	110.0	133.0	161.0
Wednesday 19/12/2018	24%	48%	28%	222	58	286	147.5	62.1	91.0	136.0	196.0
Thursday 20/12/2018	1%	65%	33%	216	87	285	164.2	52.1	125.0	142.5	203.5
Friday 21/12/2018	16%	64%	20%	194	64	215	135.0	41.7	98.0	124.0	168.0
Saturday 22/12/2018	1%	75%	24%	232	77	227	157.6	30.7	137.0	155.5	178.0

Target bg range bottom:  top:

Order:  oldest on top  newest on top

### Glucose distribution ( 31 days total )

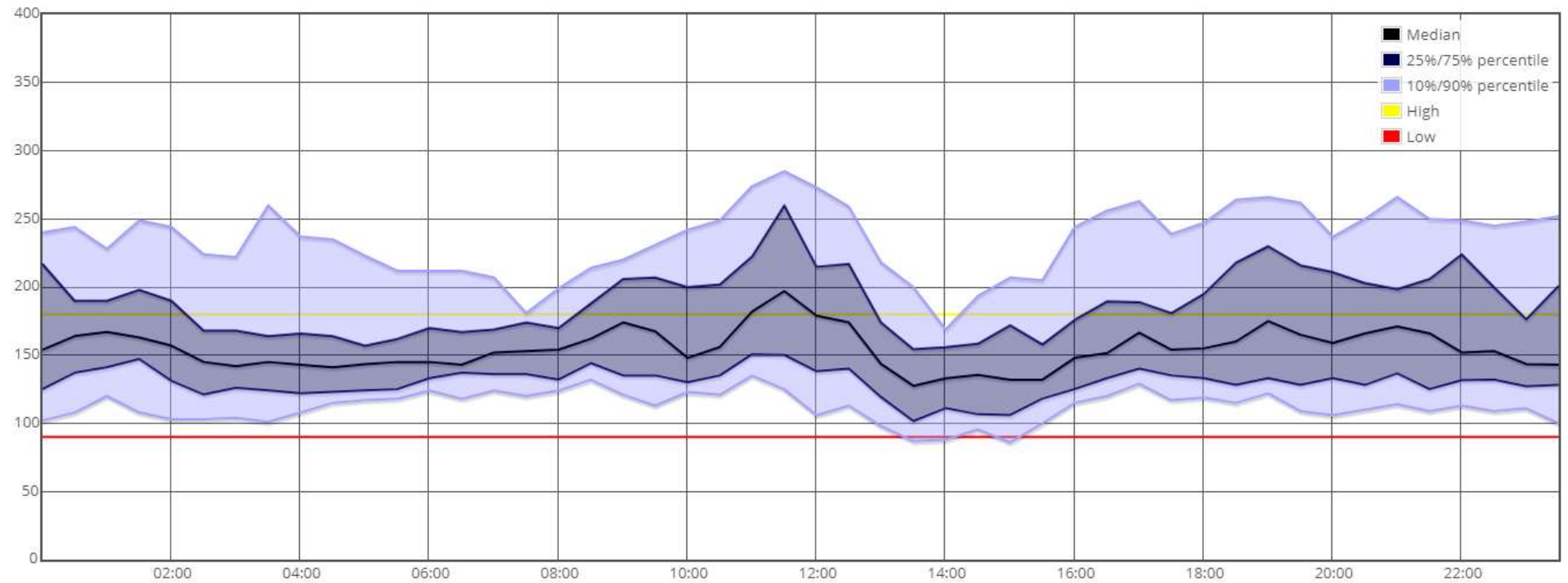


Range	% of Readings	# of Readings	Average	Median	Standard Deviation	A1c estimation*
Low (<90):	2.5%	190	78.7	81.0	9.4	
Normal:	71.4%	4409	139.5	140.0	21.5	
High (>=180):	26.1%	1973	226.4	217.0	37.6	
Overall:		7563	163.8	152.0	50.2	7.3% <sub>DCCT</sub>   57 <sub>IFCC</sub>
<b>Mean Total Daily Change</b>		<b>Time in fluctuation (&gt;5 mg/dl/5m)</b>		<b>Time in rapid fluctuation (&gt;10 mg/dl/5m)</b>		
905.79 mg/dl		22.0%		6.0%		
<b>Mean Hourly Change</b>		<b>GVI</b>		<b>PGS</b>		
37.74 mg/dl		1.36		63.4		

\* This is only a rough estimation that can be very inaccurate and does not replace actual blood testing. The formula used is taken from: Nathan, David M., et al. "Translating the A1C assay into estimated average glucose values." *Diabetes care* 34.6 (2011): 1473-1478.



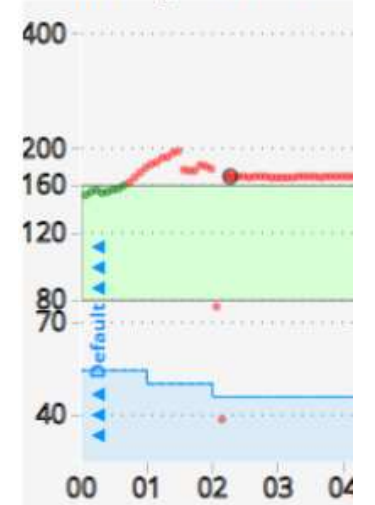
## Glucose Percentile report



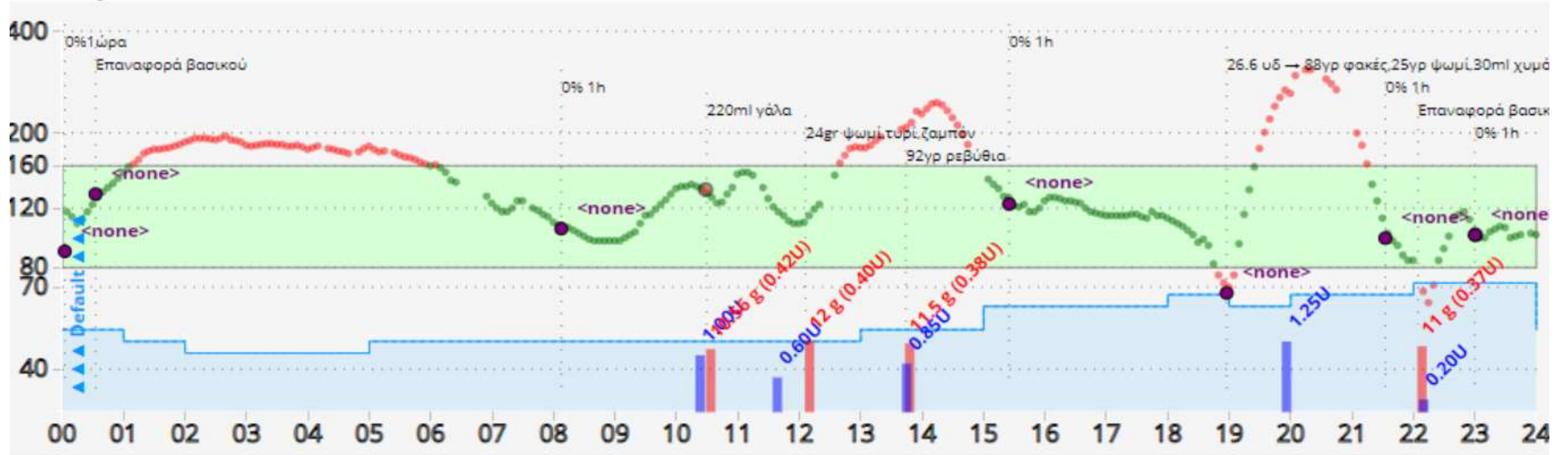
Tuesday 27/11/2018



Wednesday 28/11/2018



Tuesday 6/11/2018



one day  
I would love to say that  
I USED  
to have  
DIABETES