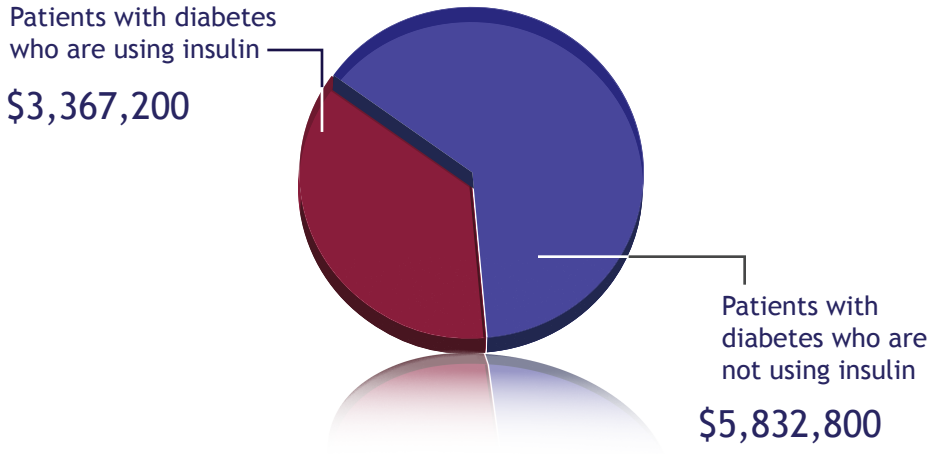
Total Spending in Alberta Publicly Funded Drug Plans on Blood Glucose Test Strips Exceeded $9.2 Million in 2010



These results were prepared using data from Brogan Inc., a unit of IMS, PharmaStat®, Public and Private Drug Plans Databases, 2000 to 2011, but the analyses, conclusions, opinions, and statements expressed are those of CADTH.

If practice changes to reflect the evidence, $9 million to $23 million* could be freed up between 2012 and 2015 for spending on antidiabetes interventions that are proven effective. Patient health would not be affected negatively.

*The amount of actual savings depends on the limits placed on test strip reimbursement (e.g., max test strips per year = 0, 100, 180, or 360)

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CADTH

Updated March 2012

WHEN CONSIDERING SELF-MONITORING OF BLOOD GLUCOSE

MY PATIENT	BOTTOM LINE*
Person with type 1 or type 2 diabetes using basal-bolus insulin regimens	Self-monitoring of blood glucose should be individualized to guide adjustments in insulin therapy to achieve optimal blood glucose control.
Adult with type 2 diabetes using basal insulin	Self-monitoring of blood glucose should be individualized, but testing of up to 14 times per week should be sufficient for most patients at most times.
Adult with type 2 diabetes managed on oral antidiabetes drugs	Routine self-monitoring of blood glucose is not required. Periodic testing in selected patients (e.g., those with unstable glucose levels, acute illness, pharmacotherapy changes, risk of hypoglycemia with insulin secretagogues like glyburide) should be linked to specific patient actions (e.g., prevention or treatment of hypoglycemia, self-directed dosage adjustment).
Adult with type 2 diabetes controlled by diet alone	Routine self-monitoring of blood glucose is not required.

* These recommendations, which include clinical and cost-effectiveness evidence, should be taken into account along with each patient's unique situation when recommending self-monitoring of blood glucose. The evidence shows that patient health will not be affected in a negative way.

Canadian Agency for Drugs and Technologies in Health

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