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## Closing your Circle of Care with MyDiaBase...

### A Resource for Diabetes Self Care

- ❖ Imagine persons having their own personal, mini, electronic medical record.
- ❖ Imagine something they can carry around on a key chain or in a pocket.
- ❖ Imagine something containing every bit of personal diabetes self-management history, from diagnosis to today, and all the way into the future.
- ❖ Imagine a device that can send SMBG data to the doctor at the click of a button.
- ❖ You are imagining something we call 'MyDiaBase', specifically, a 'Personal Diabetes Database'.

### What does a Personal Diabetes Database do?

Well, it is a new health tracking tool for persons like yourself with diabetes.

You learn how to review your current status.

You learn about your diabetes control.

You can do this review at any time.

You do this check regularly, probably, for the rest of your life.

You can keep your SMBG records up to date.

### Using MyDiaBase

Simply insert the MyDiaBase flash drive into the USB port of any PC running any version of Windows.

Customize MyDiaBase with your Demographics and those of your Provider(s).

Then, enter current body height under Demographics > Patient.

Then, enter your diabetes prescription, including, medication types and dosages.

Next, input your SMBG(Self Monitored Blood Glucose) data as instructed.

### What MyDiaBase helps you achieve

MyDiaBase keeps everything in order.

Self-management is easier to do.

In this way, MyDiaBase helps you **not to worry**.

Reviewing and comparing results is easy.

MyDiaBase helps you bring your treatment outcomes back to the doctor.

Your doctor will consider these crucial results.

Then, your doctor may update your diabetes prescription.

Using MyDiaBase helps you to **stop worrying**.

With MyDiaBase, it's just as simple as that!

### The Personal Diabetes Database

MyDiaBase is reusable.

It can be used at any time, as often as necessary.

The technology is simple and robust.

Every MyDiaBase is contained in a standard USB flash drive.

The flash drive also includes your personal registry.  
Databases inside MyDiaBase hold all your numbers.  
You can insert your MyDiaBase into any PC at any time.  
It is simply removed when your personal review or data entry are done.  
Nothing identifying you, the user, is left behind on the PC.  
Personal data are secure and their confidentiality are totally under your control.  
Furthermore, personal data are internally secured with a password, in case the flash drive is lost or stolen.

### **MyDiaBase - Satisfying a Personal Need?**

Do persons with diabetes need a mini, personal electronic medical record?  
Everyone with diabetes is at risk for one or more of the devastating complications peculiar to diabetes. According to the American Diabetes Association and the National Institutes of Health in the US, most will suffer these complications because their diabetes is poorly controlled. In large part this is a medical prescription problem.

MyDiaBase helps each user to know what to talk about with their doctor.

### **MyDiaBase - Rationale**

MyDiaBase fills the need for a standardized educational support tool that closes the **circle of care** for persons with diabetes.  
For widest use, MyDiaBase has been priced appropriately.  
Furthermore, MyDiaBase is being bought by and for persons with diabetes because it is becoming a 'must-have' accessory for self-management.  
Soon, it will be available everywhere, from the pharmacy, from the web, from the medical office, even from the medical walk-in clinic.

Please contact us for further information at [support@nidm.org](mailto:support@nidm.org)

### **Sample MyDiaBase**

