



AlphaTRAK
BLOOD GLUCOSE MONITORING SYSTEM

Your pet's diabetes
is manageable



Treatment and Monitoring Plan for:

Pet's Name: _____

Clinic Name: _____

Primary Vet: _____

Clinic Phone No.: _____

Clinic Email: _____

Emergency Phone No: _____

Today's Date: _____

Next Scheduled Check-up Exam: _____

 **Abbott**
Animal Health

The first step towards managing diabetes is to understand the disease

If your pet has been diagnosed with diabetes, it is time to learn how to care for your diabetic pet. This guide will explain what diabetes is, what your pet's diabetes management entails, and your veterinarian's diabetes treatment plan for your pet that fits your needs and lifestyle.

As you begin to learn about diabetes, keep in mind that:

- Diabetes is manageable
- You are not alone

One in 200 cats and one in 500 dogs are estimated to have Type I or Type II diabetes.¹

With careful monitoring and by following your veterinarian's diabetes treatment plan, your diabetic dog or cat could lead an active life.

What is Diabetes Mellitus?

Diabetes is a condition that occurs when the body cannot process glucose into cells, resulting in too much glucose in the blood and not enough glucose in the cells for energy. Insulin is a hormone produced by the pancreas that enables glucose, or blood sugar, to enter tissue cells. The tissue cells utilize glucose as a source of energy, or fuel, to function. If there is not enough insulin, or if the cells do not respond correctly to insulin, the cells will not absorb sufficient glucose to support proper function.

High levels of glucose in the blood can result in outward symptoms such as fatigue, excessive thirst, increased hunger, and frequent urination. Without sufficient glucose, the tissue cells will use alternative, less effective sources of energy such as breaking down fat and protein from muscles which results in muscle wasting, weight loss, and poor body condition.

Type I and Type II Diabetes

There are two types of diabetes that can affect your pet.

Type I (Insulin Dependent Diabetes)	Type II (Non-Insulin Dependent Diabetes)
Most Common In Dogs	Most Common In Cats
Occurs when the pancreas does not produce enough insulin	Occurs when the body cells do not respond properly to insulin (i.e., insulin resistance)

Your veterinarian can provide additional details regarding your pet's type of diabetes.

Diabetes Treatment Goals

The goal of diabetes treatment is to regulate the amount of glucose in the blood to reduce clinical signs and minimize or prevent diabetes complications. In cats, tight glycemic control in the early stages of diabetes may also improve the chances of diabetic remission. With consistent management, diabetes should have minimal effects on you and your pet's daily routine.

“Pet diabetes can be effectively managed. If I had to choose a chronic disease to treat, diabetes would be the disease.”

– Sara L. Ford, DVM, Dip ACVIM, Chief of Internal Medicine, VCA Emergency Animal Hospital and Referral Center

The treatment plan your veterinarian creates for your diabetic pet may include daily insulin injections, blood glucose monitoring, and diet changes. This does not mean you cannot go on vacation or leave your pet for extended periods of time. With a little planning and training, friends and family can step in while you are away. Many boarding kennels have staff members who are trained to care for diabetic pets—ask your veterinarian for recommendations.

“Knowledge is power. It's very reassuring to be able to check her blood sugar at home.”

– Mary Farr talking about her diabetic dog Gracie



Watch Mary's testimonial on our website.



Diabetes Clinical Signs

The clinical signs of diabetes can vary from pet to pet. It is important that you communicate to your veterinarian any medical symptoms or observations outside of your pet's normal patterns. The first priority of treatment is regulating your pet's blood glucose levels. Once your pet's glucose levels are controlled, ongoing monitoring and maintenance of your pet's condition becomes the objective.

Watch your pet for reoccurring signs of diabetes. Let your veterinarian know if any of these signs reappear:



Increased hunger



Weakness or fatigue



Frequent urination



Excessive thirst



Sudden weight loss

Your Diabetic Pet's Treatment Plan

You and your veterinarian will work together to build a diabetes treatment plan that suits the needs of you and your pet. The treatment plan may include several or all of the following diabetes management cornerstones:

INSULIN INJECTIONS

Proper insulin dosing, administration and timing are important for your diabetic pet's treatment. Follow your vet's guidance on the specific insulin product, syringe, and dose instructions.

Insulin instructions for your pet:

BLOOD GLUCOSE MONITORING

Monitoring your diabetic pet's blood glucose provides your veterinarian with data to build and tailor your pet's diabetes treatment plan. Blood glucose monitoring at home reduces your stress and could possibly help minimize and avoid diabetes clinical signs, emergency room expenses, and long term diabetes complications such as cataracts in dogs and neuropathy in cats.

Blood Glucose Monitoring recommendations for your pet:

DIET (including weight management)

Diets which eliminate or reduce sugar surges are usually preferred. For diabetic **dogs**, high-fiber diets are typical because they are lower in sugar and take longer to digest. In **cats**, high-protein/low carbohydrate diets are usually followed.

Diet recommendations for your pet:

EXERCISE

Consistency in your pet's daily exercise schedule is very important; if activity level varies day-to-day, the amount of insulin your pet needs may vary.

Exercise recommendations for your pet:

Keeping track of your pet's daily treatments is helpful for your veterinarian to understand your pet's condition under their current diabetic treatment plan. Here is a suggestion of what to keep track of for your diabetic pet:

DAILY

- Time and amount of insulin injections
- Time and amount of food and water consumed
- Blood glucose readings

WEEKLY

- Your diabetic pet's weight

Ask your veterinarian for more guidance on what you should track.

Diabetic dog and cat “do’s” and “don’ts”

DO

- Use a blood glucose monitor specifically made for dogs and cats.
- Check your pet’s blood glucose twice daily BEFORE meals and insulin administration or as directed by your veterinarian.
- Record your pet’s blood glucose readings, amount of food eaten, insulin* dose, and time administered on a daily basis.
- Report to your veterinarian if your pet’s blood glucose readings are greater than 250 mg/dL for dogs or 350 mg/dL for cats more than twice in one week.
- Report to your veterinarian if your pet’s blood glucose readings are under 100 mg/dL for dogs or 120 mg/dL for cats.
- Recheck blood glucose if the reading is below 70 mg/dL and notify your veterinarian.
- Be certain that your pet eats a prescribed amount of food before administering insulin*.
- Be certain that you use the syringe size (U-100 vs. U-40) your veterinarian prescribed to administer insulin*.
- Report to your veterinarian if your pet’s daily activity varies significantly.

DON’T

- Do not use a human meter to measure your pet’s blood glucose.
- Do not change your pet’s diet without notifying your veterinarian.
- Do not exercise your pet heavily after insulin* administration.
- Do not administer insulin* if your pet does not eat or vomits.
- Do not modify the insulin* dose or schedule without consulting with your veterinarian.
- Do not let the insulin* freeze.

Note: The health information contained herein is provided for informational purposes only and is not intended to replace a discussion with a veterinarian. All decisions regarding patient care must be made with a veterinarian and unique characteristics of each patient should be considered.

**If your dog or cat is prescribed insulin by a veterinarian.*



KNOW ABOUT A DIABETES EMERGENCY – HYPOGLYCEMIA

Hypoglycemia occurs when blood glucose falls below normal levels. Very low levels of blood glucose result in a lack of energy source in the blood to properly support the body’s cells. Hypoglycemia can be life threatening, so knowing and watching for signs of hypoglycemia is important.

HYPOGLYCEMIA SIGNS TO WATCH FOR:

- Weakness, shaking, or unsteadiness
- Lethargy or unresponsiveness
- Seizures

COMMON CAUSES OF HYPOGLYCEMIA:

- Accidental administration of too much insulin
- Not enough food intake with or prior to insulin administration
- Vomiting prior to insulin injection
- Unusually high amounts of exercise or activity

Pet owners find it very comforting to have a blood glucose monitor at home so that they can measure their pet’s blood glucose in the comfort of their home if they suspect hypoglycemia.

If your pet is showing signs of hypoglycemia or when the blood glucose is below _____, follow your veterinarian’s instructions listed here:

.....

.....

.....

.....

Why Monitor Diabetes At Home?

The goal of diabetes management is to control glucose levels and minimize diabetes complications. Monitoring your pet's blood glucose is important in managing your pet's diabetes. Blood glucose monitoring at home allows you to measure your pet's glucose levels when your pet is relaxed and following its regular daily routine. Home monitoring is convenient, it reduces stress, and it provides your veterinarian with accurate data to help assess the diabetes treatment plan.

Why Use AlphaTRAK Starter Kit?

To get an accurate blood glucose reading on your diabetic dog or cat, you must use a blood glucose monitor made specifically for dogs and cats.

AlphaTRAK Blood Glucose Monitoring System is calibrated specifically for dogs and cats and is the same portable blood glucose monitor your veterinarian uses in the clinic.

AlphaTRAK 2 Meter and Test Strips are accurate, easy to use, and convenient. The kit includes all of the supplies you need to get started:



Setup is quick and easy, and you can start using it right away.

- AlphaTRAK 2 meter and (25) test strips

Sample collection tools make it simple to get a blood sample.

- Lancing device and (30) lancets

Setup and diabetes education tools walk you through diabetes basics, how to use the meter, how to get a blood sample, and more.

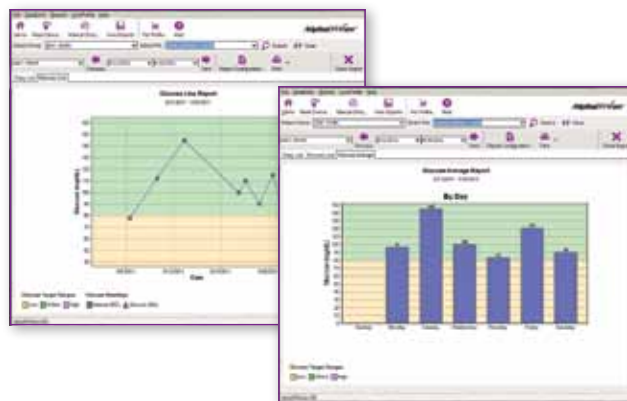
- Instructional DVD
- Quick User's Guide
- Diabetes Diary



AlphaTRAKTM Makes Tracking Easy

- A simple way to keep track of data your veterinarian needs to make treatment decisions
- You can record, track and manage information about your pet including:
 - Glucose
 - Insulin
 - Meals
 - Activity
 - Health
 - Medication
 - Exam
 - Lab Result
 - Other Notes
- Generates easy-to-read reports that you can print or email to your veterinarian

AlphaTRAK 2 Meter is compatible with AlphaTRAKer Electronic Data Master which can be downloaded at www.AlphaTRAKmeter.com.



Purchase the AlphaTRAK Starter Kit at your vet clinic.



Go to our website to learn more about AlphaTRAK 2.
www.AlphaTRAKmeter.com

Home Management Instructions

Pet's Name

When to test: _____ Test frequency: _____ Time: _____

The following insulin dosage chart outlines your veterinarian's tailored protocol for managing your pet's diabetes.

Reading Considered:	TOO LOW	BORDERLINE LOW	IDEAL	BORDERLINE HIGH	TOO HIGH
Blood Glucose	Below _____ mg/dL	_____ to _____ mg/dL	_____ to _____ mg/dL	_____ to _____ mg/dL	Above _____ mg/dL
Insulin					
Action(s)	Action(s) 1. Recheck immediately to verify. 2. If alert, feed and recheck in 15 minutes. 3. If weak, give Karo syrup, call your veterinarian or emergency facility immediately.	Action(s) 1. If blood glucose is between _____ and _____, recheck blood glucose one hour after feeding. 2. If second reading is still between _____ and _____ contact your veterinarian.	Action(s)	Action(s)	Action(s) 1. Recheck immediately to verify. 2. If reading is still high, contact your veterinarian immediately.

Note: Information provided should be completed by a veterinary professional. The health information contained herein is provided for informational purposes only and is not intended to replace a discussion with a veterinarian. All decisions regarding patient care must be made with a veterinarian and unique characteristics of each patient should be considered.

1. Tremayne, J. Education Key in Diabetes Maintenance. Veterinary Practice News 2009, November.

For additional information, please contact Abbott Animal Health Customer Care at:
888-299-7416 (US) | www.AlphaTRAKmeter.com

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