

Appendix I: Glucose Conversion Between mg/dl and mmol/L

This is the fourth edition of this book to include all blood glucose levels in both mg/dl and mmol/L. Parts of the world use one system, and other parts use the other system. This will allow the book to now be used by both. An easy way to make the conversion from mg/dl to mmol/L is to divide by 18. To convert mmol/L to mg/dl, multiply by 18. The table below may also help.

mg/dl	mmol/L	mg/dl	mmol/L	mg/dl	mmol/L	mg/dl	mmol/L
10	= .6	125	= 7.0	240	= 13.3	355	= 19.7
15	= .8	130	= 7.3	245	= 13.6	360	= 20.0
20	= 1.1	135	= 7.5	250	= 13.9	365	= 20.3
25	= 1.4	140	= 7.8	255	= 14.2	370	= 20.6
30	= 1.7	145	= 8.0	260	= 14.5	375	= 20.8
35	= 2.0	150	= 8.3	265	= 14.7	380	= 21.1
40	= 2.3	155	= 8.5	270	= 15.0	385	= 21.4
45	= 2.5	160	= 8.9	275	= 15.3	390	= 21.7
50	= 2.8	165	= 9.2	280	= 15.6	395	= 21.9
55	= 3.0	170	= 9.5	285	= 15.8	400	= 22.2
60	= 3.3	175	= 9.8	290	= 16.1	425	= 23.6
65	= 3.6	180	= 10.0	295	= 16.4	450	= 25.0
70	= 3.9	185	= 10.3	300	= 16.7	475	= 26.4
75	= 4.2	190	= 10.5	305	= 16.9	500	= 27.8
80	= 4.5	195	= 10.8	310	= 17.2	525	= 29.2
85	= 4.7	200	= 11.1	315	= 17.5	550	= 30.5
90	= 5.0	205	= 11.3	320	= 17.8	575	= 31.9
95	= 5.3	210	= 11.6	325	= 18.0	600	= 33.3
100	= 5.5	215	= 11.9	330	= 18.3	625	= 34.7
105	= 5.8	220	= 12.2	335	= 18.6	650	= 36.1
110	= 6.1	225	= 12.5	340	= 18.9	675	= 37.5
115	= 6.4	230	= 12.8	345	= 19.2	700	= 38.9
120	= 6.7	235	= 13.0	350	= 19.4		



Appendix II: Shopping List and Approximate Cost of Diabetes Supplies

Supplies Cost in Dollars

Equipment for Injections

Regular	30.00
NPH	30.00
NovoLog	80.00
Humalog	80.00
Lantus	65.00
Alcohol Sponges (Box of 100)	2.50
BD Lo Dose Insulin Syringes (Box of 100)	25.00
Or	
Monoject 1cc Insulin Syringes (Box of 100)	30.00
NovoLog Pen	50.00-60.00
Humalog Pen	50.00-60.00
Lantus Pen (OptiClik)	50.00-60.00

Equipment for Urine Testing

Ketodiastix #100	22.00
Ketodiastix #50	10.00
Ketostix #100	20.00
Ketostix #50	12.00
Ketostix #20 (foil wrapped)	7.00
Chemstrip uGK #100	13.00
Chemstrip K #25	20.00

Equipment for Blood Glucose Testing

Finger stick device	10.00-25.00
Lancets (Box of 200)	11.00
One Touch Strips #50	50.00
Precision Strips #100	75.00
Blood Glucose Monitor (with memory)	70.00-140.00
Chemstrip BG #50	35.00

Miscellaneous Supplies

Insta-Glucose	4.00
BD Glucose Tablets	2.50
Identification bracelet or necklace	2.50-20.00
Glucagon	85.00



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Faculty Disclosure: Dr. Chase is on the Medtronic MiniMed and the Unomedical medical advisory boards. He has received research funds from Smiths Medical, Medtronic MiniMed, Sanofi-Aventis, Novo Nordisk and Therasense/Abbott. He is on the Sanofi-Aventis Speakers Bureau.

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