Tracking Glucose for 4 months as a Non-Diabetic

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Continuous Glucose Monitor
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• 4 Months Tracking
  • May 25th -> November 9th
• 14 Sensors
  • (2 weeks per sensor)
• 21,022 Measurements
  • Every 15 minutes
• Also Measuring
  • Resting Heart Rate (Fitbit)
  • Weight
  • Heart Rate Variability (emFit)
Glucose Levels

Highest Value in Data Set - 310
Glucose – Under Stress

Giving Talk at Quantified Self 2017, Amsterdam
Glucose – Under Stress

Started New Job – September 2017
Glucose – Actively Lowering

Managing Glucose Levels – with Exercise, Diet & Stress
Glucose – 24 Hour Fast
Glucose Overnight

Hypoglycemia with 24 Hour Fast
Fasting Glucose Levels
Average reading: 5AM-6AM – 7-Day Moving Average
Resting Heart Rate

- Measured on Fitbit HR2 – Corr. Coefficient = 0.3
Weight vs Resting Heart Rate?

Correlation Coefficient = 0.72
What Did I Learn?
What Did I Learn?

- Huge Variance in Fasting Glucose
- We can Lower Fasting Glucose through Tracking
- Reaction to Glucose Very Personal (n=1 experiments)
- Likely many other relationships I’m not seeing here!!
What Did I Learn?

• Huge Variance in Fasting Glucose
• I can Lower Fasting Glucose through Tracking
  • Reaction to Glucose Very Personal (n=1 experiments)
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• Reaction to Glucose Very Personal (n=1 experiments)
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  • Machine Learning??
Thank You

Breakout Session: Sunday 10:30 - 11:30
The Promise of Non-Invasive Glucose Monitoring

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