

Tracking Glucose for 4 months as a Non-Diabetic

Justin Lawler

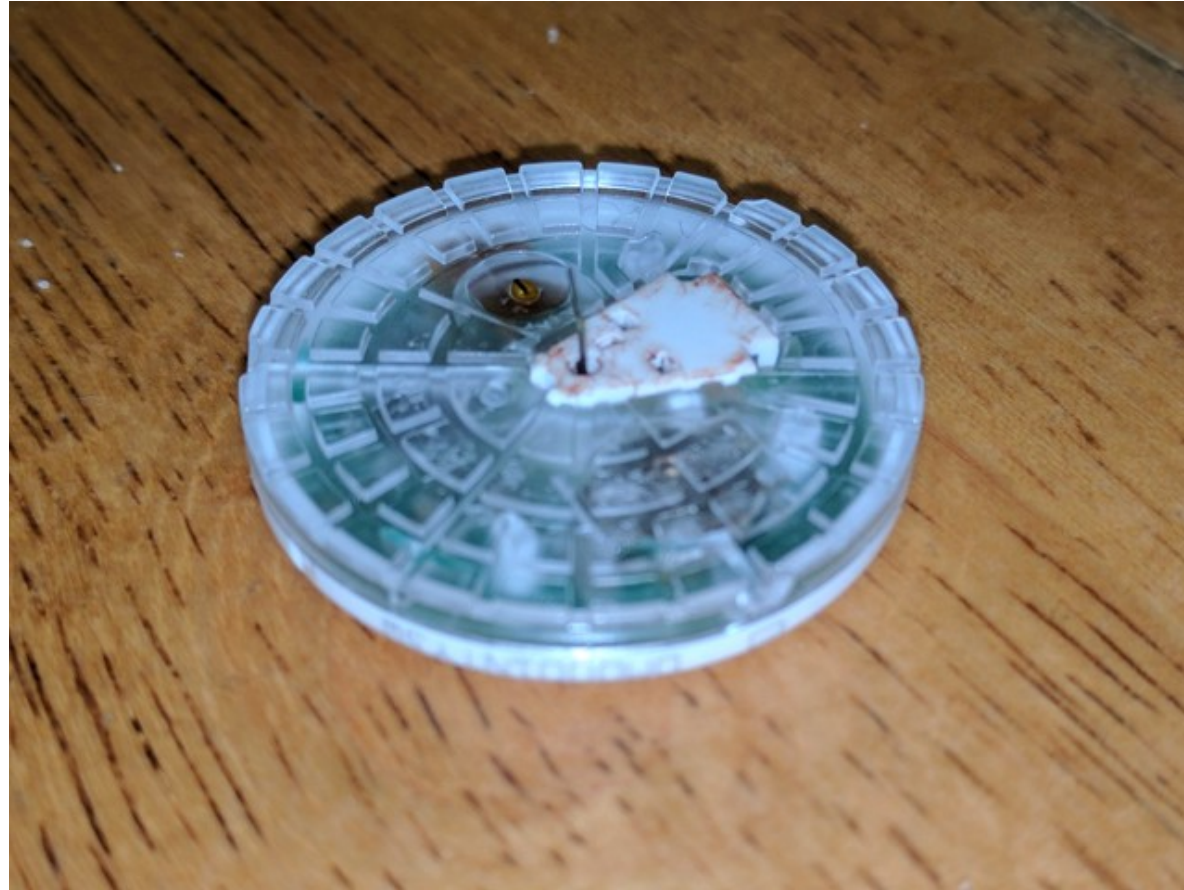


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https://medium.com/@justin_d_lawler/

Continuous Glucose Monitor

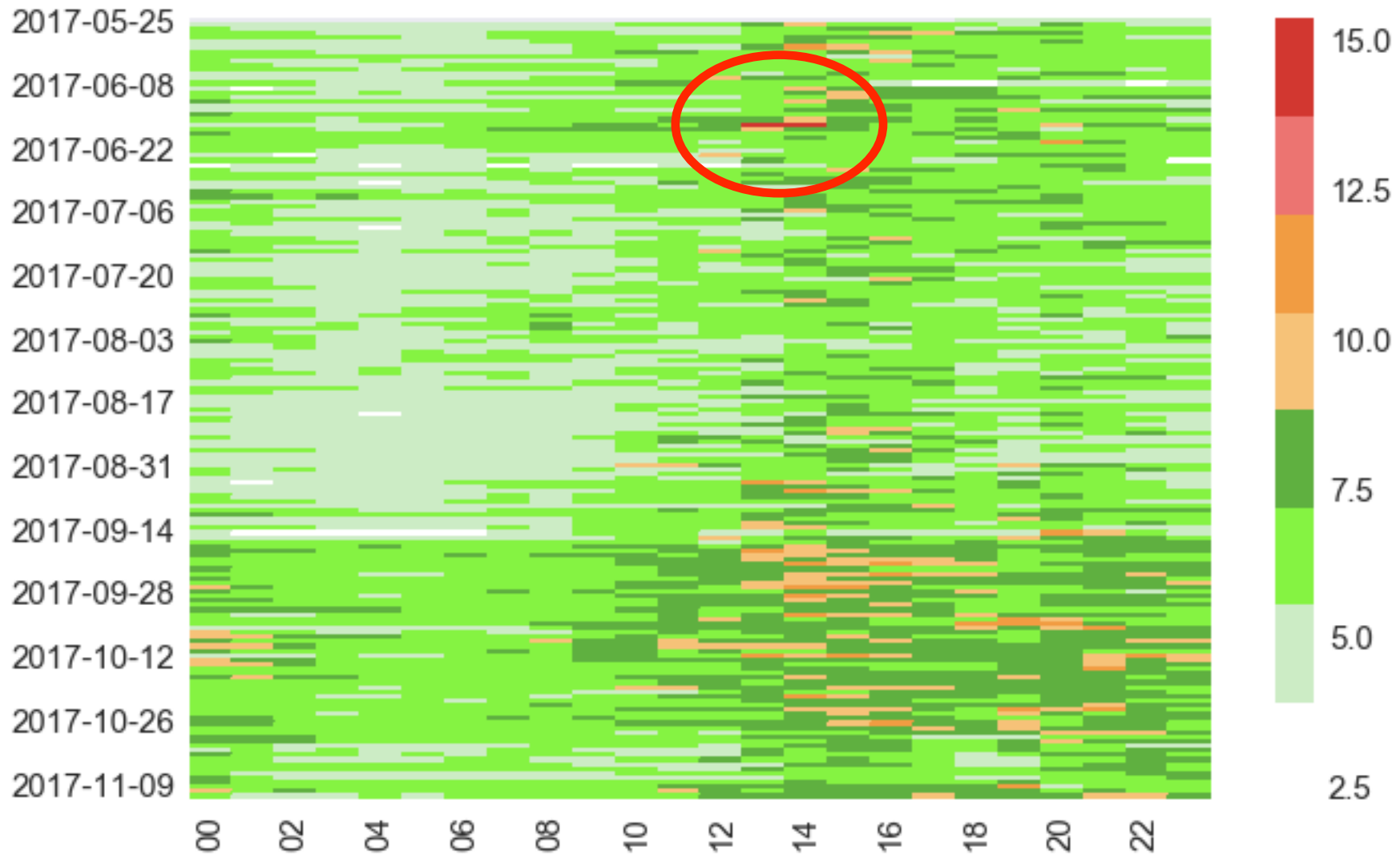


Continuous Glucose Monitor

- 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)

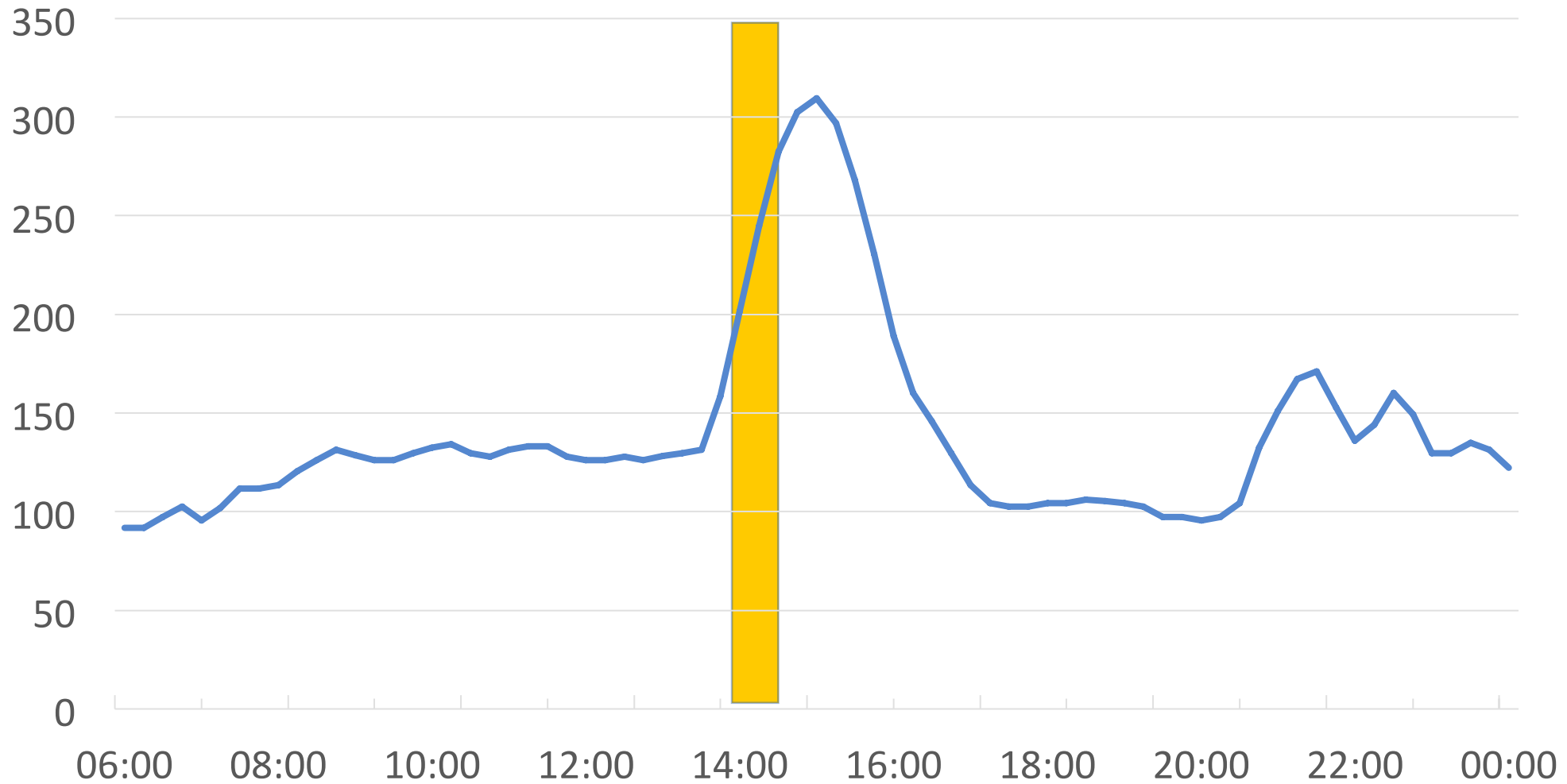


Glucose Levels



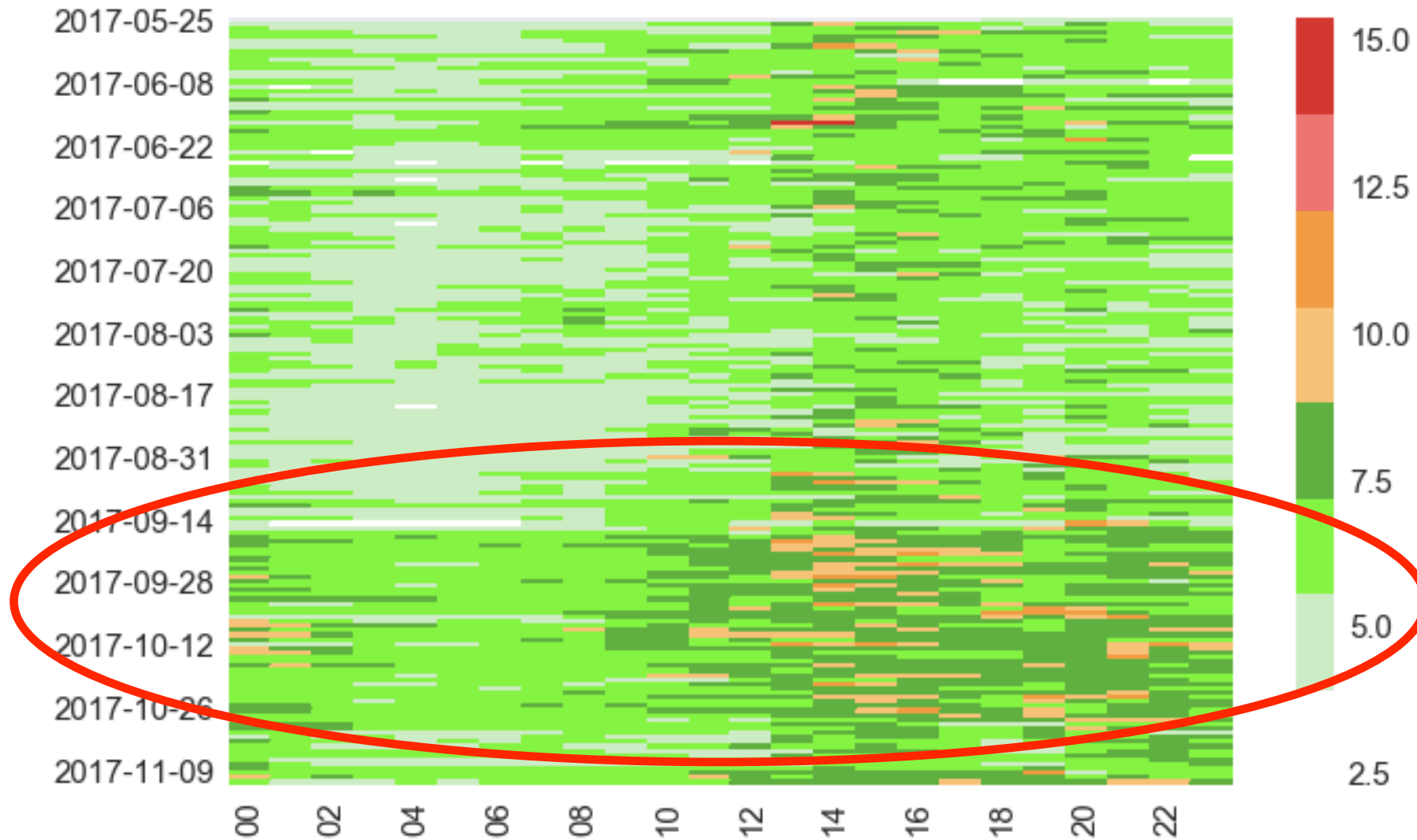
Highest Value in Data Set - 310

Glucose – Under Stress



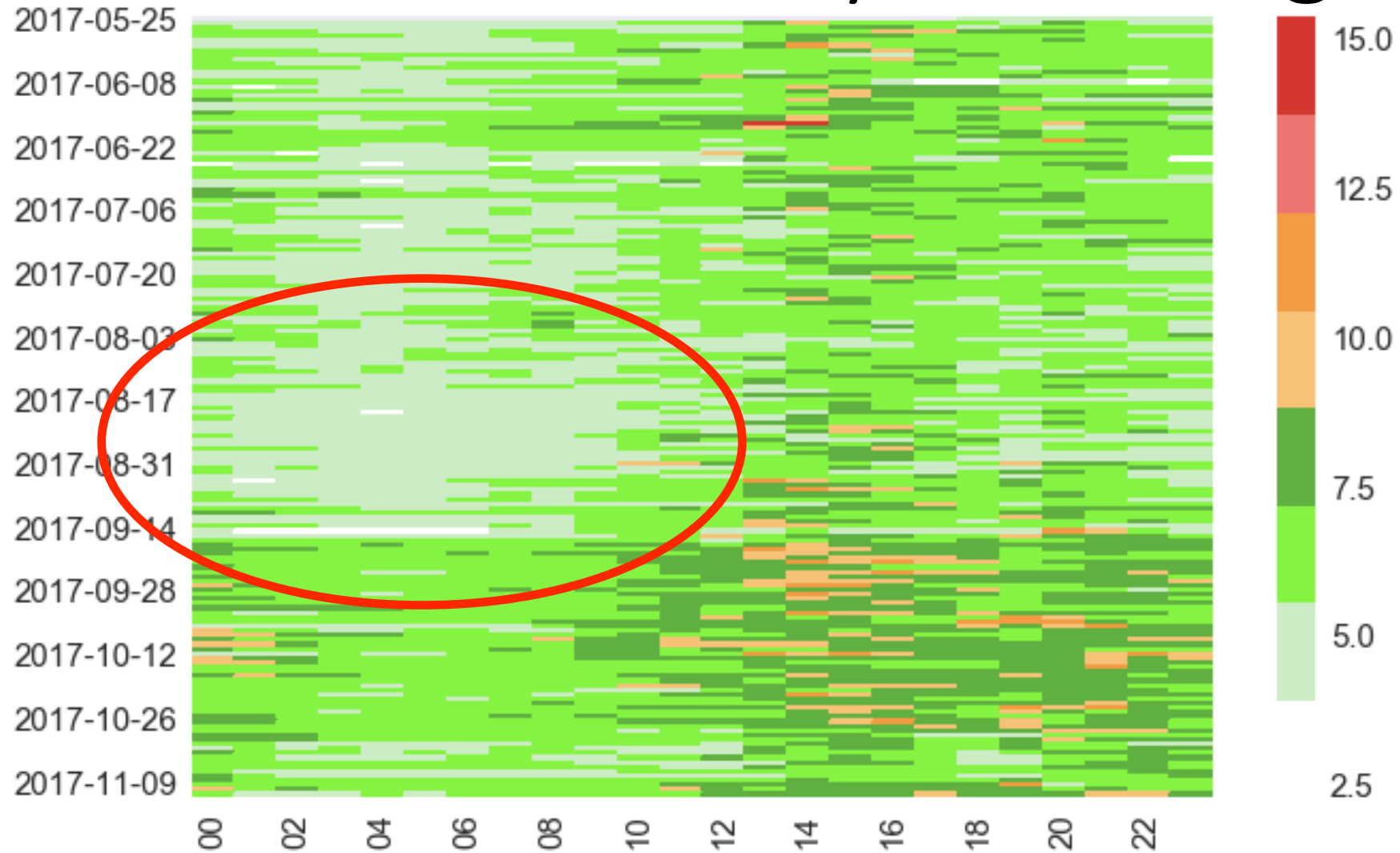
Giving Talk at Quantified Self 2017, Amsterdam

Glucose – Under Stress



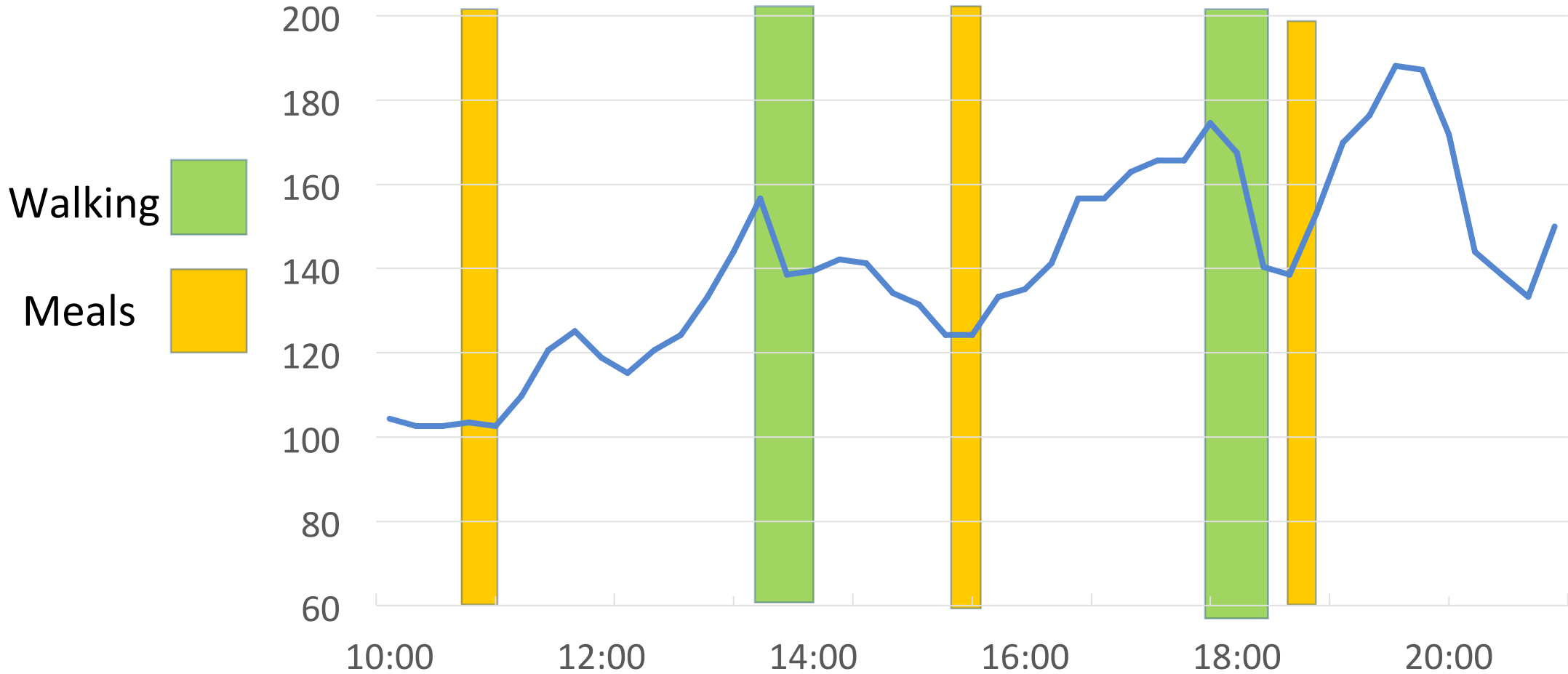
Started New Job – September 2017

Glucose – Actively Lowering



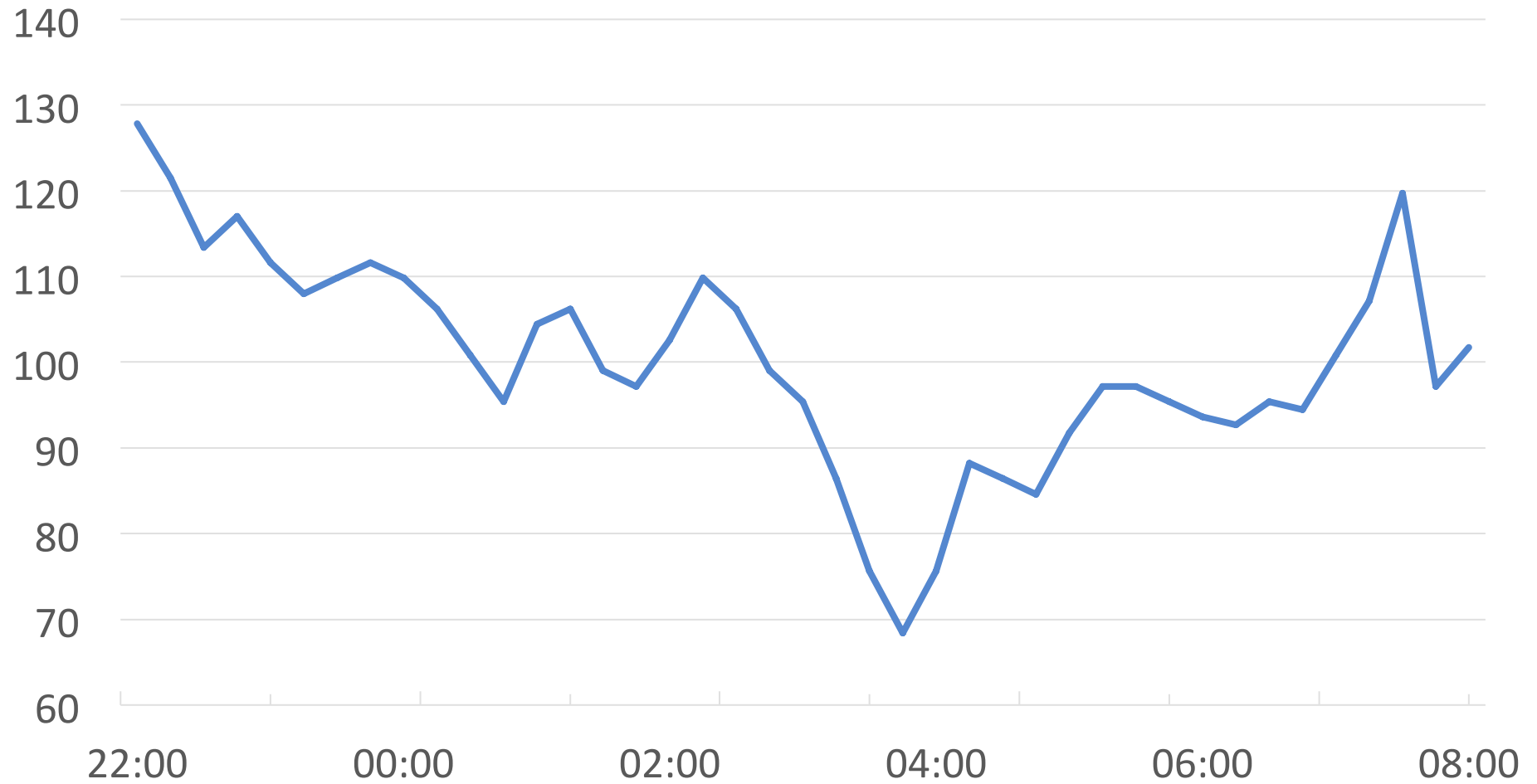
Managing Glucose Levels – with Exercise, Diet & Stress

Glucose and Exercise



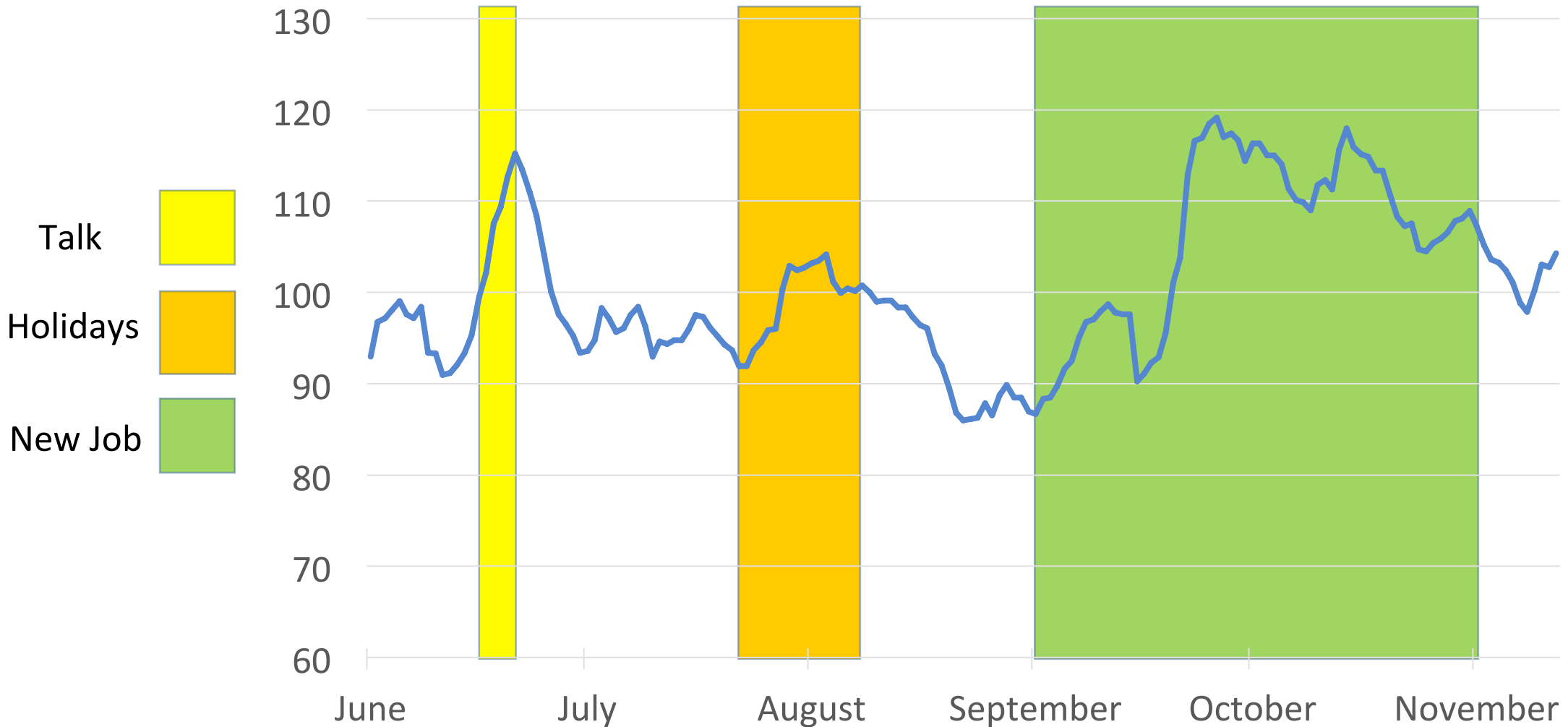
Glucose Dips While Walking

Glucose Overnight



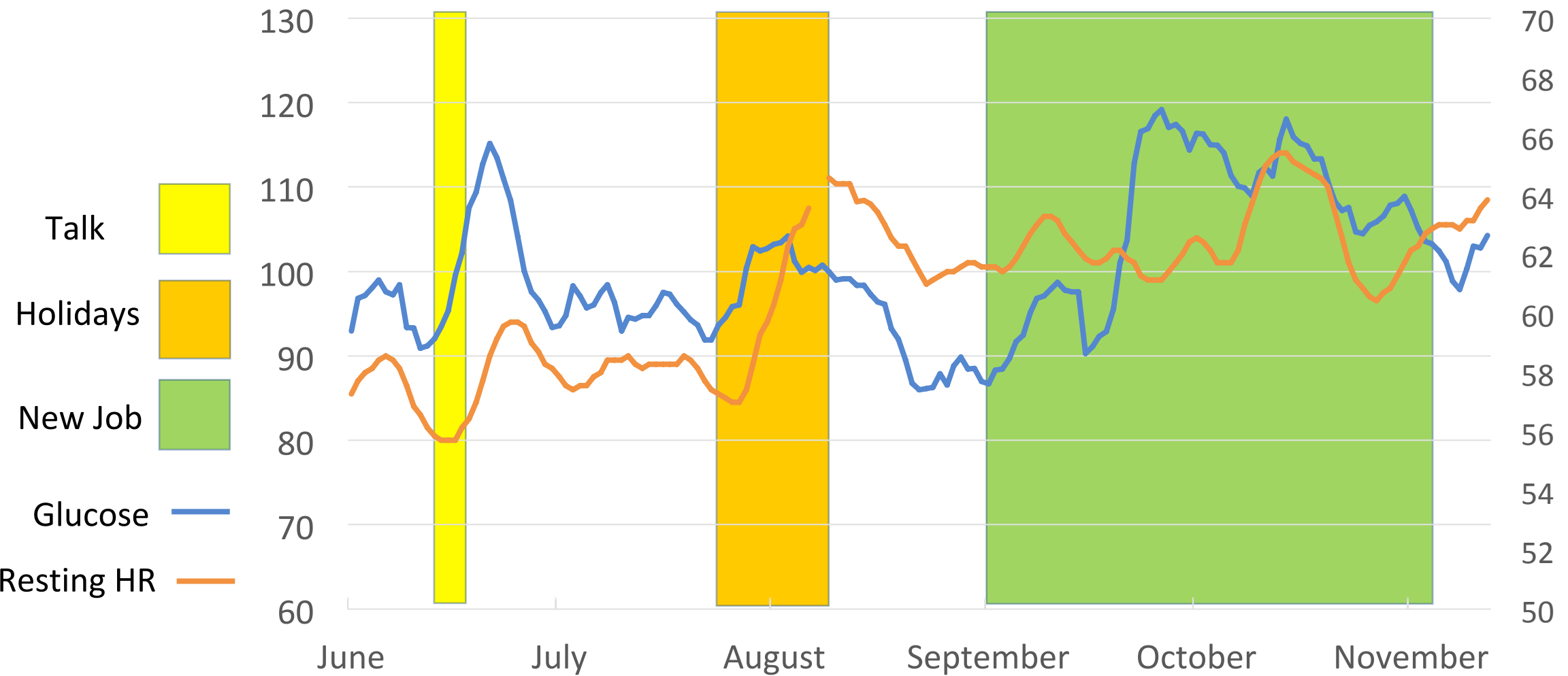
Hypoglycemia with 24 Hour Fast

Fasting Glucose Levels



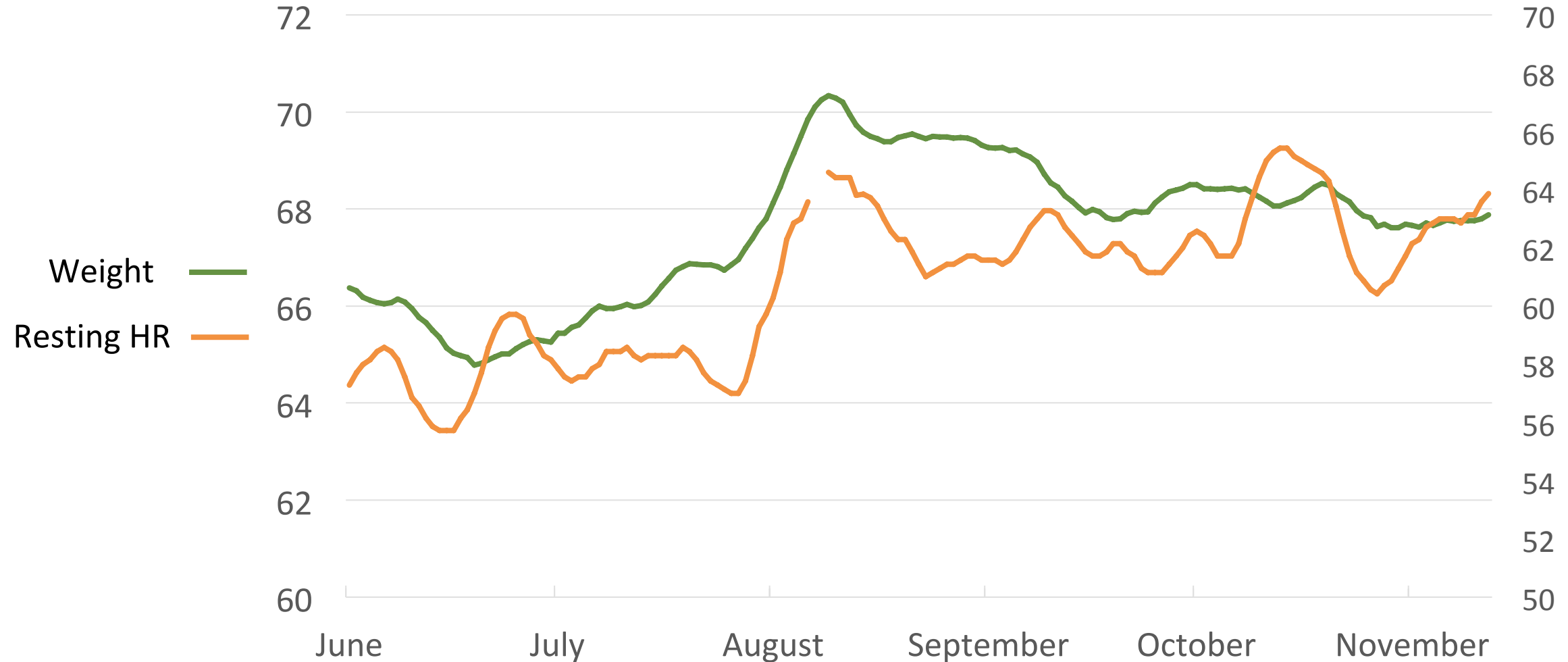
Average reading: 5AM-6AM – 7-Day Moving Average

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?

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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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