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# EnglishCatania PodCast

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**To check**

**To control**

**To check:** To compare with something already done; to verify that something is the same.

**To control:** To modify, to change in any moment.

- I had a medical **check-up** last week.
- We **checked-in** at the airport.
- I paid at the supermarket **check-out**.
- My **remote control** for the TV is not working.
- The English are known for their **self-control**.

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## **Checking Your Blood Glucose**

Blood glucose (blood sugar) monitoring is the main tool you have to **check** your diabetes **control**. This **check** tells you your blood glucose level at any one time.

Keeping a log of your results is vital. When you bring this record to your health care provider, you have a good picture of your body's response to your diabetes care plan. To help keep track of your levels, we have an online tool Diabetes 24/7 or a printable blood glucose log. We also have a blood glucose log that's smaller so you can carry it with you available for purchase.

## **Who Should Check?**

Talk to your doctor about whether you should be **checking** your blood glucose. People that may benefit from **checking** blood glucose include those:

- taking insulin
- that are pregnant
- having a hard time **controlling** blood glucose levels
- having low blood glucose levels
- having low blood glucose levels without the usual warning signs
- have ketones from high blood glucose levels

## Vocabulary

**Checkable**

**Check-in**

**Check-up**

**Check-out**

**Check-list**

**Check sign ✓**

**Controllability**

**Controllable**

**Controller**

**Air traffic**

**control**

**Out-of-control**