

The Arithmetic of Life - The Beauty and the Angst of Living by Numbers

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Part I

Living by Numbers



Ice Cream

Please inject: $27 / 4 = 7$ units



The Prick

The bloody insight



Bedtime

Correction: $(230 - 130) / 50 = 2$ units



The Plunge

Correction: (130 – 80) = 50 mg/dL ⇔ 25 grams



The Swim

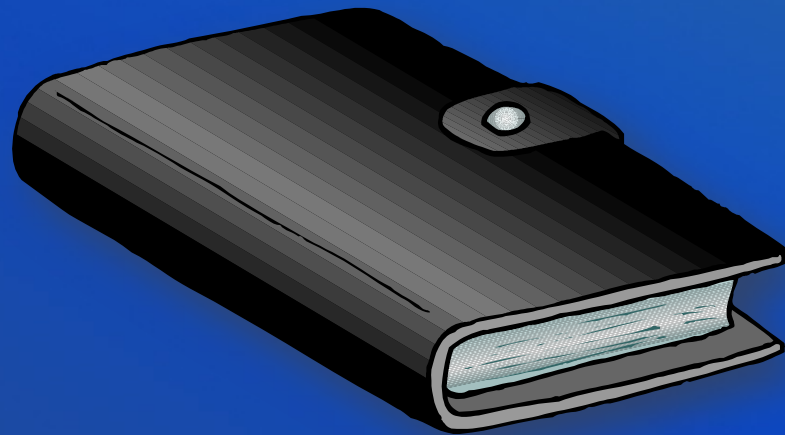
40 minutes, 1200m

Brings down **230** to **100** mg/dL



Life by the Book

That's how we know



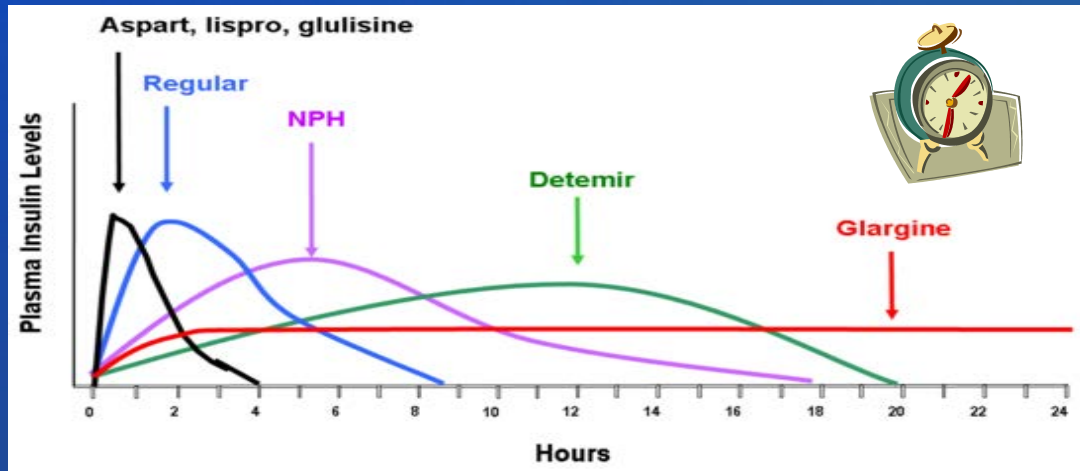
The “Real” Average

The HbA1c competition

HbA _{1c}		eAG (estimated average glucose)	
(%)	(mmol/mol)	(mmol/L)	(mg/dL)
5	31	5.4 (4.2–6.7)	97 (76–120)
6	42	7.0 (5.5–8.5)	126 (100–152)
7	53	8.6 (6.8–10.3)	154 (123–185)
8	64	10.2 (8.1–12.1)	183 (147–217)
9	75	11.8 (9.4–13.9)	212 (170–249)
10	86	13.4 (10.7–15.7)	240 (193–282)
11	97	14.9 (12.0–17.5)	269 (217–314)
12	108	16.5 (13.3–19.3)	298 (240–347)

It's (Also) About Time

What's in there already?



Too Low, Too High

Between the devil and the deep blue sea



A Never Ending Game

Can't get off this ride



Part II

What Have We Learned So Far?



It Really Works

4 units will balance 16 grams
2 units will correct 80-100 mg/dL



Little Things Count

Don't cheat yourself



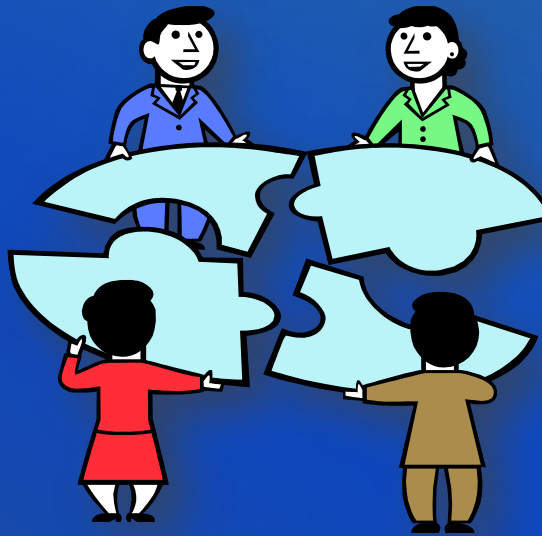
A World of Mystery

For the doctors



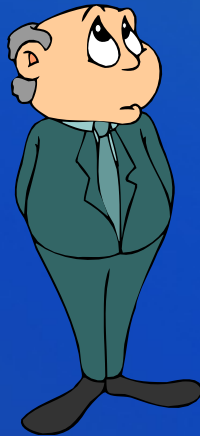
Blind Spots

They don't look, we don't tell



The Quantified Guilt

It certainly can affect you mood



Small Wins

Every morning is a fresh start



The Joy of Taking Control

Numbers can do that



A Deadly Weapon?

230

Correct with 2 units → 130

Correct with 3 unites → 80 → Hypoglycemia!



Part III
The 2015-2017 Wish List



Play for Your Life

Computer Games as a game changer



Play for Your Life: Makomba



A Pen that Writes

Will unlock a wealth of data



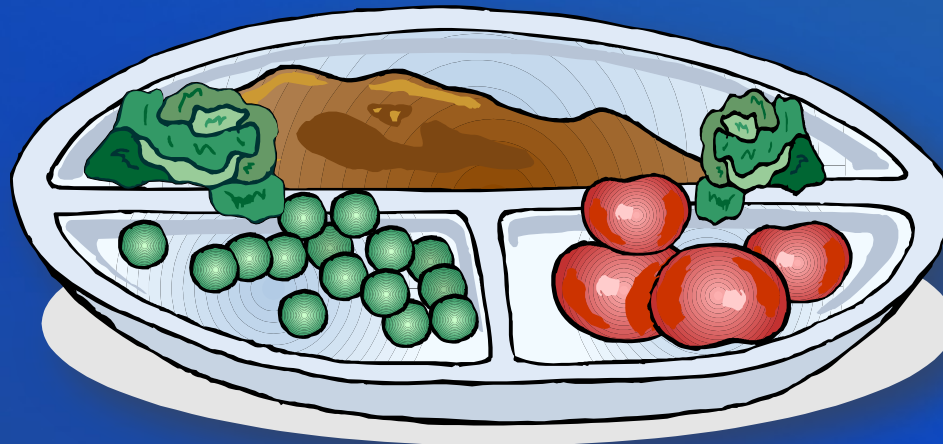
A Glucometer in A Watch

Always on, always connected



A TV Meal that Counts

Total carbs provided per entire meal

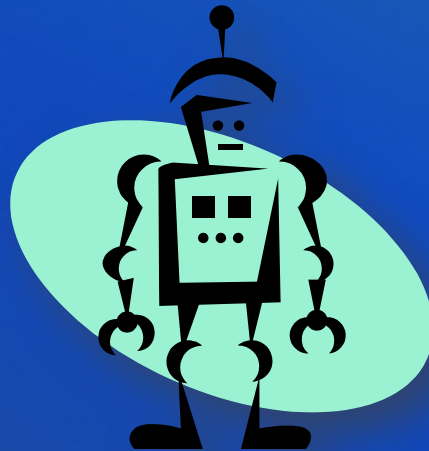


Artificial Metabolism

Measures glucose and trend

Applies medication

Feeds glucose



A Cure?



Thanks!

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