

CGM Fact Sheet



What is CGM?

A **Continuous glucose monitor (CGM)** is a small wearable device that tracks your glucose throughout the day and night, notifying you of highs and lows so you can take control of your levels.



CGM Features:

- Tracks blood sugar levels in real time
- Smart device compatibility (can utilise a secondary alarm on another person)
- Can be used with or without an insulin pump
- Sensor indication time
- Waterproof/other features

Clinical Short-Term Outcomes: What Do We Know About CGM?

- Benefits whether combined with insulin pump or not
- Reduces the rate of low blood glucose especially during the night
- Reduces fear of low blood glucose when combined with insulin pump
- Reduces low blood glucose levels in motivated & trained families where child/adult can wear it at least 60% of the time

The Importance of Good Control of type 1 diabetes

The benefits are reaped in later life:

The Diabetes Control and Complications Trial (DCCT) (1993-1996) was the pivotal trial that linked HbA1c (blood test indicating control of diabetes) to subsequent risk of diabetes-associated complications.

Well controlled diabetes resulted in a 50% risk reduction in developing impaired kidney function and 33% reduction in mortality

Clinical Long-Term Outcomes: What Do We Know About CGM?

- While the technology is too new to have significant long term outcomes, thus far CGM has reduced HbA1c by ~0.5%

Benefits

- Lower HbA1c
- Greatly reduced finger pricking
- Notification of dangerous blood glucose levels
- Freedom/Quality of life
- Reduced mismatch of insulin
- Most importantly...***no fear of Dead In Bed Syndrome***

Complications of type 1 diabetes

