

# WHAT IS CONTINUOUS GLUCOSE MONITORING?

Continuous Glucose Monitoring (CGM) is a small medical device that measures glucose levels continually, allowing people to detect potential glucose highs or lows throughout the day and night in real-time. Generally, CGM devices can help people with diabetes aged 2 years and older\*.

Unlike fingerprick checks, which provide a glucose measurement for a single point in time, CGM provides dynamic glucose information. It shows trends and suggests where your glucose levels may be heading, so you can take action sooner. By using CGM, you can notice and respond to falling glucose levels before experiencing hypoglycaemia (hypo) and even monitor patterns while asleep. One example of a CGM is Dexcom G6.

## HOW DOES CGM WORK?

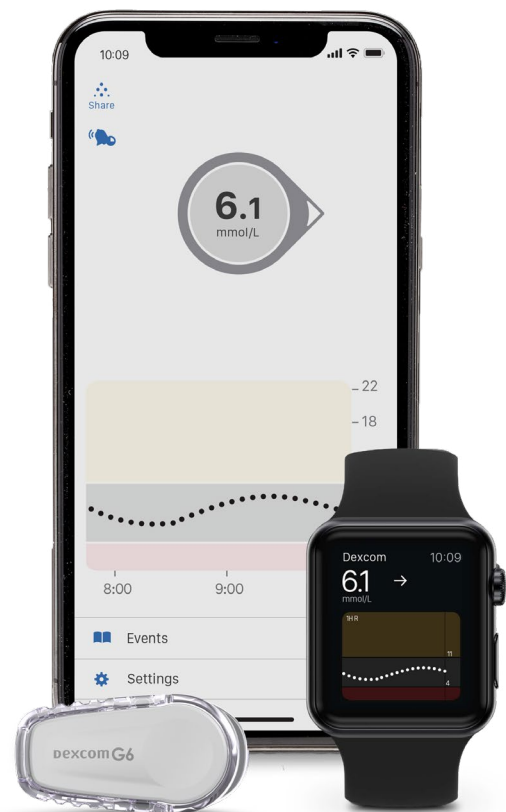
A CGM system can have a number of components;

1. **Sensor** – a small wearable device which obtains glucose readings via a small wire inserted under the skin.
2. **Transmitter** – which sends glucose readings to a display device.
3. **Display device** – which shows current and previous glucose readings.

## ADVANTAGES OF CGM TECHNOLOGY?

Studies have shown CGM to provide the following benefits to users:

- 🕒 Improved of HbA1C levels<sup>1</sup>
- 🕒 Reduced risk of hypoglycaemia (hypo)<sup>1,2</sup>
- 🕒 Increased time in range<sup>1,3</sup>
- 🕒 Improved quality of life and well-being<sup>4</sup>



**Please note**, CGM does not replace all fingerprick checks. They are still recommended when readings don't match your symptoms, when you are experiencing a hypo or before giving a correction dose of insulin.

## HOW TO CHOOSE THE RIGHT CGM FOR YOU?

Along with your healthcare team, consider which factors are important to you and your diabetes care:

### Customisable alerts and alarms

To ensure you get the best management tool for your needs, consider what notifications you want your CGM to provide. Some models offer predictive alerts so you can act ahead of an upcoming low!

### Remote data sharing

Your CGM device may support real-time remote sharing of glucose readings to your loved ones and/or your healthcare team. This feature can be particularly useful for monitoring children living with diabetes or for people who may require additional support to achieve their glucose management goals

### Integration with other devices

Some CGM devices are also compatible with certain insulin pumps, smart phones and watches and digital health apps. To see which CGM is compatible with your device, speak to your healthcare team

### Reporting

Many CGMs offer easy-to-view data reports which can help to show patterns of low and high glucose events over an extended duration, a persons percentage of time spent in the target range and more. Reports can also easily be shared with your healthcare team for in-depth review.



## HOW TO ACCESS?

Chat with your healthcare team to see if you are eligible for any subsidies, including:

1. [National Diabetes Services Scheme \(NDSS\) CGM Subsidy](#) for people living with type 1 diabetes and other eligible groups
2. [Eligible Department of Veteran Affairs \(DVA\) card holders](#)

You can also privately purchase CGM directly from your chosen CGM supplier

### References:

- \* Where self-monitoring of blood glucose (SMBG) is indicated. Age recommendations for CGM devices vary by brand; consult healthcare providers for suitable options based on individual needs.
1. Šoupal J, Petruželková L, Flekač M et al. Comparison of Different Treatment Modalities for Type 1 Diabetes, Including Sensor-Augmented Insulin Regimens, in 52 Weeks of Follow-Up: A COMISAIR Study. *Diabetes Technol Ther.* 2016;18(9):532-538. doi:10.1089/dia.2016.0171
  2. Welsh J, Gao P, Derdzinski M et al. Accuracy, Utilization, and Effectiveness Comparisons of Different Continuous Glucose Monitoring Systems. *Diabetes Technol Ther.*
  3. Šoupal J, et al. Glycemic Outcomes in Adults With T1D Are Impacted More by Continuous Glucose Monitoring Than by Insulin Delivery Method: 3 Years of Follow-Up From the COMISAIR Study. *Diabetes Care.* 2020 Jan;43(1):37-43. doi: 10.2337/dc19-0888. Epub 2019 Sep 17. PMID: 31530663
  4. Lind M, Polonsky W, Hirsch IB, et al. Continuous Glucose Monitoring vs Conventional Therapy for Glycemic Control in Adults With Type 1 Diabetes Treated With Multiple Daily Insulin Injections: The GOLD Randomized Clinical Trial. *JAMA.* 2017;317(4):379-387. doi:10.1001/jama.2016.19976

