

Continuous Glucose Monitor (CGM)

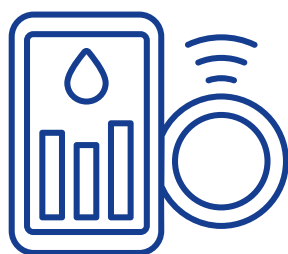


What is a continuous glucose monitor (CGM)

A continuous glucose monitor (CGM) is a device that continuously measures the level of glucose (sugar) in your body. A CGM sensor is placed on the skin with a small, short wire extending just under the skin, providing an easy way to constantly monitor glucose levels. The CGM will tell you if your glucose is heading up, down or remaining steady through a visual arrow or graph on a device or smartphone.

Components of a CGM

There are three basic parts to a CGM system that work together: sensor, transmitter and reader/receiver.



Sensor

The sensor is a tiny, disposable piece that is placed on the skin with a small, short wire extending just under the skin. The sensor measures glucose levels in the fluid under the skin. Typically, the sensor will need to be replaced every 7-15 days depending on the system.

Transmitter

The transmitter receives and sends the glucose information over to the receiver wirelessly. The transmitter may be separate or built in with the sensor. It may be disposable or reusable depending on the system.

Receiver

The receiver is a device that communicates with the transmitter and displays glucose readings from the sensor. It can be an app on a smartphone or a separate, small stand-alone device. The readings on the screen help you better manage and understand your glucose levels. The information can also be shared and discussed with your family doctor.

Frequently Asked Questions

What are the benefits of a CGM?

With a CGM system, your glucose (sugar) is measured 24 hours a day, even while you sleep. It helps you identify trends and patterns across different times of the day. You can then use that information to better manage your eating, exercise and medication. Some CGM systems even allow you to input notes about your day-to-day activities. A CGM also has programmable alerts and alarms that let you know when your glucose level is out of your target range or below a safe level. This can be beneficial for people who have trouble recognizing their symptoms of low blood glucose or have extreme glucose changes. The information collected by the CGM can be seen on a smart phone or computer and shared with your doctor. A CGM system helps you keep glucose levels stable and ultimately reduces the risk of health complications.

How is a CGM different than a blood glucose meter?

A blood glucose meter requires a fingerstick and a drop of blood each time the glucose (sugar) level is checked. While a meter gives you a blood glucose reading for an exact moment in time, it does not tell you where it has been or where it is going. A CGM shows both the glucose level at the exact moment and whether it is rising or falling. It helps you better understand how your lifestyle choices impact your glucose levels.

Will I still need to prick my finger?

There are some CGM systems that require occasional finger sticks to maintain the accuracy of the device. However, for CGM systems that do require finger sticks, the number is still significantly less than if using a blood glucose meter alone.

How does a CGM sensor attach to the body?

The CGM is first placed on the skin. Every CGM comes with a special applicator that inserts a small, short sensing wire (sensor) just underneath the skin by the push of a button or squeeze of an applicator. Most people report very little to no pain when attaching the device. The sensor can be worn on the upper arm, abdomen or other parts of the body, depending on the type of CGM.

Understanding your CGM options

Continuous glucose monitor technology is changing all the time, but there are resources to help you understand and compare your options. The [danatech website](https://danatech.com) provides updated information about different CGM devices.



CGM company websites can also provide brand and device-specific information.

- » Abbott (freestyle.abbott)
- » Dexcom (dexcom.com)
- » Minimed (minimed.com)
- » Eversense (eversensecg.com)

Improve your glucose management

Checking your CGM glucose readings throughout the day will help you learn more. Consider these other tips when using a CGM system:

- » Use the CGM trend arrows to help predict where your glucose level is going.



- » Ensure you have set up alerts on your CGM system to help notify you when you need to take action or correct your glucose level.
- » Understand what reports and graphs your CGM can create to share with your doctor.
- » If your symptoms don't match your CGM glucose readings, perform a finger stick to help guide your treatment next steps.

