EDGEPARK
ADS|US MED

Interpreting CGM Data for Actionable Insights

Continuous Glucose Monitoring (CGM) provides real-time, detailed insights into a patient's glucose patterns, enabling more precise diabetes management. By understanding key metrics such as Time in Range (TIR), Glycemic Variability (GV), and Time in Hypoglycemia, CGMs may help clinicians make informed decisions to develop treatment plans. This section will guide you through the essential CGM data points, what they may reveal about a patient's diabetes control, and how to use this information to improve patient outcomes.

Key CGM Metrics Worth Understanding

Metric	What It Is	Why It Matters
Average Glucose	Mean glucose level over time.	Indicates overall glucose control but lacks insight into fluctuations.
Glycemic Management Index (GMI)	Estimated A1C based on CGM data.	Offers a more accurate long-term glucose control picture than A1C.
Time in Range (TIR)	Percentage of time glucose is between 70-180 mg/dL (standard target).	A higher TIR indicates better overall diabetes management. 70% or more is ideal.
Time in Hypoglycemia (TIHypo)	Time spent below 70 mg/dL or 54 mg/dL.	Minimizing TIHypo prevents hypoglycemic complications.
Time in Hyperglycemia (TIHyper)	Time spent above 180 mg/dL or 250 mg/dL.	Reducing TIHyper helps prevent long-term complications like neuropathy.
Glycemic Variability (GV)	Measures fluctuations in glucose levels (e.g., Coefficient of Variation).	High GV signals unstable glucose and indicates a need for intervention.

Bergenstal RM. Understanding Continuous Glucose Monitoring Data. In: Role of Continuous Glucose Monitoring in Diabetes Treatment. Arlington (VA): American Diabetes Association; 2018 Aug. Available from: https://www.ncbi.nlm.nih.gov/books/NBK538967/ doi: 10.2337/db20181-20