

# Overview of Continuous Glucose Monitoring (CGM) Therapy

## How CGM Therapy Works

Continuous glucose monitoring (CGM) systems measure glucose levels at frequent intervals throughout the day and night. Unlike traditional blood glucose meters, which provide a single reading at a given moment, CGMs track glucose in real time and show whether levels are trending higher or lower. By delivering ongoing insights, CGMs may help empower patients to make more informed decisions about insulin dosing, diet, and lifestyle adjustments.

## Key Benefits of CGM Therapy

- **Improved Glycemic Control:** By providing continuous glucose readings, CGMs allow patients and providers to identify trends, adjust insulin therapy, and prevent severe hyperglycemia or hypoglycemia.
- **Increased Time in Range (TIR):** CGMs may help improve the amount of time a patient spends within their target glucose range, reducing complications such as diabetic retinopathy, neuropathy, and cardiovascular disease.
- **Convenience and Reduced Fingersticks:** Most CGMs reduce the need for frequent fingerstick\* blood glucose tests, as they provide continuous readings.
- **Alerts for High and Low Glucose:** Patients receive notifications when their glucose levels are outside the target range, enabling them to take action to avoid potential emergencies.
- **Better Patient Engagement:** Real-time data sharing with caregivers or family members enhances support and monitoring, improving overall patient adherence.

## Frequently Asked Questions

### Q: Does CGM eliminate fingersticks?

**A:** No, most CGMs do not require daily calibration via fingerstick, but some models may require occasional checks for calibration.\*

### Q: How long do CGM sensors last?

**A:** Sensor duration typically ranges from 10 to 15 days, depending on the model.

### Q: Is CGM therapy painful?

**A:** The sensor is typically quick and minimally painful.

### Q: Can CGM therapy help me avoid dangerous lows?

**A:** Yes, many CGMs come with alerts to warn patients when their glucose is trending too low, allowing them to take action before hypoglycemia occurs.

### Q: How do I read the data?

**A:** CGM data can be viewed through a smartphone app† or dedicated receiver, which shows your current glucose level, trends, and high or low glucose alerts.

\*Patients should still monitor their glucose via fingerstick when their symptoms do not match their continuous glucose readings or when patients symptoms do not match readings.

† Compatibility with smart phones might vary with manufacturer or a dedicated receiver.

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