

What are the options for CGM?

There are various CGM devices on the market. Memorial diabetes services is currently offering devices from Abbott Diabetes Care. They offer a professional version intended for short-term use under a clinician's supervision and a personal version for continuous use.

With both versions, the system consists of a handheld reader and a sensor that is worn on the back of the arm. The sensor has a thin filament inserted under the skin to measure glucose at all times.

Professional version

- Physician order required.
- Sensor is inserted by a diabetes educator.
- Reader stays with the diabetes educator.
- Patient still needs to check blood glucose via finger sticks, along with an activity and food diary.
- Patient wears sensor for 14 days then returns to diabetes educator.
- Diabetes educator uses reader to download CGM data and sends to physician.
- Physician interprets CGM download and modifies treatment plan as indicated.
- Patient receives diabetes education using CGM data, food and activity logs.

Personal version

- Physician prescription required for reader and sensor.
- Patient obtains personal reader and sensor from available pharmacy.
- Sensor can be inserted by a trained professional.
- Patients can learn to insert their own sensor.
- Patient can view the data on the screen.
- Physician can interpret CGM download and modifies treatment plan as indicated.
- Patient receives diabetes education using CGM data, food and activity logs.

Continuous Glucose Monitoring

Technology to Aid Diabetes Self-Management



For more information, contact Memorial Weight Loss & Wellness Center at 217-788-3948.

Memorial diabetes services is collaborating with Memorial Physician Services to provide continuous glucose monitoring (CGM) services to patients with diabetes.

Continuous glucose monitoring automatically monitors blood glucose levels, also known as blood sugar, 24 hours a day. There are various CGM models on the market for different needs. Your certified diabetes educator can help you determine which model is best for you. Using this technology, you can see your current glucose level at a glance and review changes over any length of time, from hours to days. You can use this information to adjust lifestyle factors like diet and exercise.

How does a continuous glucose monitor work?

A continuous glucose monitor can provide more detailed information than a typical glucose meter. Every 5 to 15 minutes, it takes an automatic reading of your glucose levels using a tiny sensor.

This sensor is adhered to the back of your arm. A transmitter on the sensor then sends the information to a small monitor.

The monitor records glucose levels at all times, no matter what you are doing. Some devices can also be used to record the food you eat, your exercise and medication in order to determine how these things affect your glucose levels.

Who can use continuous glucose monitoring?

Continuous glucose monitoring is FDA-approved for use by adults and children with a doctor's prescription. Your doctor may prescribe continuous monitoring if you:

- ▶ Are on intensive insulin therapy (at least four injections per day or use an insulin pump)
- ▶ Have hypoglycemia unawareness and are unable to treat low blood sugar early
- ▶ Frequently experience high or low blood glucose

In addition, your doctor may suggest using a CGM system for a short period of time in order to assess adjustments to your care plan.

Not everyone with diabetes is a good candidate for continuous glucose monitoring. Talk to your doctor about whether CGM is a good fit for you. You will be referred to our certified diabetes educator at Memorial Weight Loss & Wellness Center. At your first appointment, the educator will do a thorough assessment of your current diabetes self-care habits and make recommendations for you to reach your health goals.

Performance of the CGM when used with other implanted medical devices, such as pacemakers, has not been evaluated. Our current CGM system is not approved for use in pregnant women or patients on dialysis.

Will my insurance cover continuous glucose monitoring?

CGM device insurance coverage varies. After receiving a referral from your healthcare provider, Memorial Weight Loss & Wellness Center staff can help with a quote of coverage and suggest other options that may be available.

Ask your healthcare provider for a referral to Memorial Weight Loss & Wellness Center diabetes services. We can help you reach your health goals.