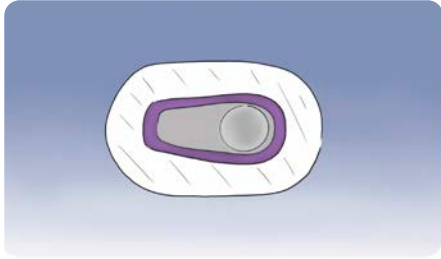


8 - Continuous glucose monitoring

What is a continuous glucose monitor (CGM)? A CGM is a device that measures glucose levels in the subcutaneous tissues and shows the blood glucose trend 24 hours a day.

What do CGMs consist of?



A sensor and transmitter for detecting the values.

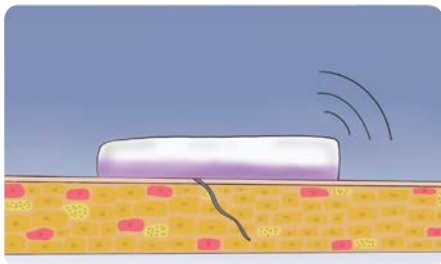


Receiver or smartphone app for reading the available information.



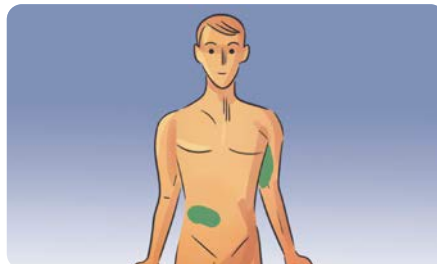
Next to the value there is a trend arrow showing how your blood glucose is changing and below it there can be a graph showing the blood glucose trend in the previous hours.

How does it work?



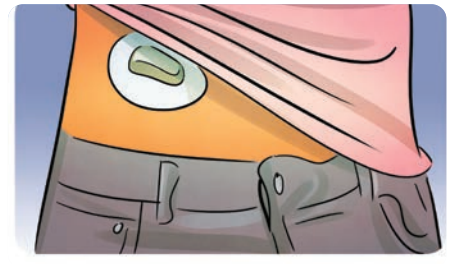
The subcutaneous sensor detects the glucose levels in the interstitial fluid at intervals of a few minutes. The information is sent to the receiver/app to monitor the blood glucose trend.

How is it applied?



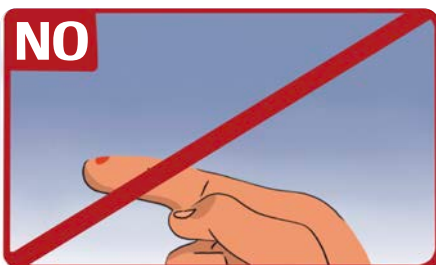
CGM systems can be applied to the abdomen or to the back of the arm, depending on the type of device. Avoid bony areas, irritated skin, tattoos and areas prone to blows.

When should it be used?

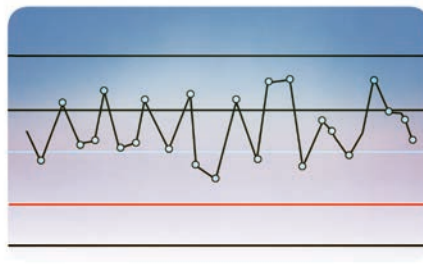


CGMs must be used as part of a treatment programme and prescribed by a doctor. Some models can replace measurements with a glucose meter and be used to take therapeutic decisions.

How do CGMs differ from blood glucose meters?



They measure glucose values without using a finger-stick test.*



They display and save blood glucose levels and trends during the day and night.



They send notifications when blood glucose levels are outside the established range.

They measure the glucose in the interstitial fluid instead of in capillary blood, which is why there is a lag of a few minutes compared to the capillary values.

**If the blood glucose readings are not consistent with the symptoms or expectations, it may be necessary to use a glucose meter to take therapeutic decisions.*