

# CONTINUOUS GLUCOSE MONITORING (CGM) FACT SHEET

Medtronic

**MEDIA CONTACT:** Pamela Reese | +1-818-576-3398  
pamela.s.reese@medtronic.com | www.medtronicdiabetes.com

Continuous Glucose Monitoring (CGM) provides people with type 1 and type 2 diabetes a more complete picture of their glucose levels, at crucial points during the day, including before and during exercise, prior to driving, before test/exam-taking, and in the middle of the night. A blood glucose meter, or fingersticks, only provides a brief “snapshot” of glucose levels at a single moment in time which often does not show the full picture of one’s glucose levels throughout the day.

CGM enables the measurement of Time in Range, defined as the time spent within a healthy glucose range of 70 – 180 mg/dL. Understanding trends and Time in Range can enable better treatment decisions and appropriate intervention to prevent hyperglycemia (high blood sugar) or hypoglycemia (low blood sugar).

## Q. How does a CGM system work?

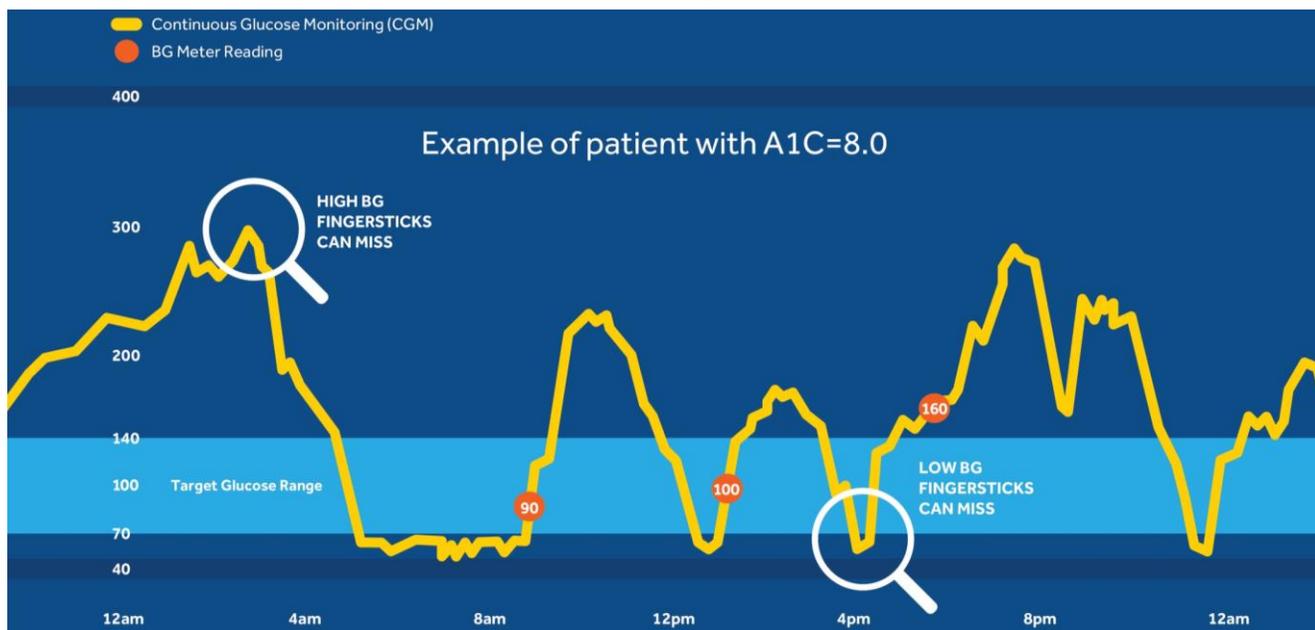
A. With a CGM system, a tiny sensor is inserted beneath the skin, typically in the abdomen or upper arm. The sensor, which measures glucose levels from the fluid under the subcutaneous tissue, sends information to either a transmitter or recorder. CGM provides a more complete picture because it takes measurement every 5 minutes and reveals high and low glucose levels that periodic blood fingerstick testing might miss.

## Q. What information does a CGM system provide?

A. While a blood glucose meter provides a brief “snapshot” of glucose levels at a single moment in time, a continuous glucose monitoring (CGM) gives people with diabetes and their healthcare professional a greater view of their glucose trends, including:

- The direction glucose levels are going
- Insights into how food, physical activity, medication, and illness impact diabetes

CGM can provide valuable information at crucial points during the day, including before and during exercise, prior to driving, before taking tests and in the middle of the night.



**Fingerstick testing limits glucose variability to snapshots in time and can miss highs and lows. CGM reveals the complete picture to optimize glucose management practices and maximize Time in Range.**

### **Q. What are the proven benefits of CGM?**

A. CGM has been clinically proven in scientific studies. JDRF-funded landmark CGM trials showed that using CGM can significantly improve diabetes control and decrease the frequency of high and low blood glucose when used regularly.<sup>1</sup> Moreover, the American Association of Clinical Endocrinologists recommends CGM particularly for children, adolescents and adults with frequent hypoglycemia or hypoglycemia unawareness, A1C levels (a key measurement used to assess overall blood glucose control) over their target, large variability in glycemic levels, and the need to lower A1C levels without increasing hypoglycemic events, as well as for those who are pregnant or are planning to become pregnant.<sup>2</sup>

### **Q. Who can use a CGM system?**

A. CGM can be used by type 1 and type 2 diabetes patients who would like better glucose control to improve health and quality of their lives.

### **Q. What is the difference between real-time CGM and professional CGM?**

A. Real-time CGM, sometimes called personal CGM, owned by patients or individuals, sends glucose information to a smartphone every 5 minutes and provides alerts of potential high or low glucose events to help people living with diabetes proactively manage their condition. Professional CGM, sometimes called blinded CGM and owned by providers (health care providers), records glucose information every 5 minutes and displays the data in reports, such as Pattern Snapshot, which can empower healthcare providers with additional insights to develop personalized treatment plans for their patients in less time, for better diabetes management.

### **Q. How does CGM enable other diabetes technology advancements?**

A. Some CGM systems, including those from Medtronic, enable the ongoing measurement of Time in Range, defined as the time spent within a healthy glucose range of 70 – 180 mg/dL. Understanding trends and Time in Range can potentially enable differentiated treatment decisions and certain intervention opportunities for glucose. Management.

Information from some CGM systems can enable algorithms which predict high and low trends rather than simply identify them. At Medtronic, for example, "smart CGM" predicts future high and low sensor glucose events and provides access to additional algorithms and insights that can inform users of clinically relevant glucose patterns. In addition, Medtronic CGM data enables retrospective reports that help healthcare professionals quickly identify issues and patterns in glucose trends which can be addressed with therapy adjustments to minimize high and low glucose events.

Please visit <https://www.medtronicdiabetes.com/treatments/continuous-glucose-monitoring> to learn more about CGM or <http://www.medtronicdiabetes.com/important-safety-information> for detailed product and important safety information.

---

<sup>1</sup> The Juvenile Diabetes Research Foundation Continuous Glucose Monitoring Study Group. Continuous glucose monitoring and intensive treatment of type 1 diabetes. *N Engl J Med*. 2008; 359:1464-1476.

<sup>2</sup> American Association of Clinical Endocrinologists CGM Task Force. Consensus Statement: Continuous Glucose Monitoring. *Endocrine Practice*. Sept/Oct 2010; Vol 16, No 5, pp 730-744.