

# How to Better Manage Your Diabetes: A Peek at Dexcom's Continuous Glucose Monitoring (CGM) System

by **Andrea Harambas-Jamotillo** - June 26, 2019

Are you one of the newly diagnosed, active, or elderly patients struggling with type 1 or type 2 diabetes, or are you perhaps parenting a child challenged by this disease? Being diagnosed with diabetes does not mean you or your loved ones cannot live your lives to your fullest potential. Diabetes affects everyone, including celebrities and professional athletes.

Kris Freeman, a 16-time national champion and 4-time Olympian cross-country skier, was diagnosed with type 1 diabetes at the age of 19. He began researching new tools to manage his diabetes better and discovered continuous glucose monitoring (CGM). With a combination of CGM, a stringent training regimen, and a lot of heart, Kris was able to spend more time in the snow.

"I want [everyone] to know that diabetes will not stand in the way of a dream—it's only the limits you place on yourself that will get in the way of living your life."

Just like Kris, you should utilize all the resources available at your disposal. Technology plays an important part in helping you manage your glucose readings and Dexcom's CGM system just might be the solution you've been looking for.

Dexcom, Inc. is a leader in transforming diabetes care and management, and provides a continuous glucose monitoring (CGM) system that helps patients and healthcare professionals better manage diabetes.

Today, we will take a peek into Dexcom's G6® functionality and features, and explore how it can improve your quality of life.

## What is Continuous Glucose Monitoring (CGM)?

Continuous Glucose Monitoring (CGM) is a method used to track glucose levels throughout the day and night.

- CGM systems take glucose measurements at regular intervals, 24 hours a day, and translate the readings into dynamic data, generating glucose direction and rate of change.
- With the CGM system, you proactively manage your glucose highs and lows.
- CGM systems give you added insight into impacts that meals, exercise, and illness may have on your glucose levels.
- CGM can also contribute to better diabetes management by helping you minimize the guesswork that comes with making treatment decisions based solely on a number from a blood glucose meter reading.

### **The Dexcom G6 Continuous Glucose Monitoring (CGM) System**

The Dexcom G6 eliminates fingersticks for calibration, diabetes treatment decisions, and diabetes management.

The system consists of three parts:

- A small sensor that measures glucose levels just underneath your skin
- A transmitter that fits onto the sensor and sends data wirelessly to your display device
- A small receiver or compatible smart device that displays real-time glucose information

How it works:

1. You insert a tiny sensor wire under your skin using an automatic applicator. An adhesive patch holds the CGM sensor housing in place so the sensor can measure glucose readings in interstitial fluid throughout the day and night.
2. A small, reusable transmitter connects to the sensor wire and sends real-time readings wirelessly to a receiver so you can view the information. With some systems, a compatible smart device with the CGM system app can serve as the display device.

3. The receiver or compatible smart device displays current glucose levels as well as historical trends in levels.
4. You can also set the CGM receiver and/or compatible smart device to send you custom alerts when certain glucose thresholds are reached.

## **Who Should Use a CGM?**

According to the American Association of Clinical Endocrinologists (AACE) and American College of Endocrinology (ACE), CGM systems benefit:

- Patients with type 1 diabetes
- Patients with type 2 diabetes on multiple insulin injections, basal insulin, or sulfonylureas
- Patients that are at risk for hypoglycemia and/or have hypoglycemia unawareness

No matter your background or circumstances—if you are faced with the challenges diabetes can bring, CGM will work for you.

“The technology of the Dexcom Continuous Glucose Monitoring (CGM) System, insulin pumps, and advanced medications are making it easier to live our diabetes lives with a more rhythmical beat. For me, technology is ‘the cure’ at hand right now, and I constantly encourage other people living with diabetes to get on board if they are not there yet.”

- *Dexcom User, Judith J.*

## **The Takeaway**

Don't let diabetes get in the way of you leading a fulfilling life. Educate yourself about managing this disease and use all available resources to you. CGM can significantly increase your quality of life and take the worry out of your daily routine. Unlike a blood glucose meter (BGM), which provides a single glucose reading, CGM systems can provide real-time, dynamic glucose information every five minutes — up to 288 readings in a 24-hour period, giving you valuable insight into your glucose levels, rate, and direction of

change. In addition, with Apple and Android compatibility, the Dexcom G6 can run, climb, and swim with you, keeping you on track when you need it the most. And if you're worried about the added cost associated with managing your diabetes, the Dexcom G6 CGM system is now covered under Medicare.

CGM is for everyone. CGM is for you.

### **About DexCom, Inc.**

DexCom, Inc., headquartered in San Diego, CA, is dedicated to helping people better manage their diabetes by developing and marketing continuous glucose monitoring (CGM) products and tools for adult and pediatric people with diabetes. With exceptional performance, comfort, and lifestyle flexibility at the heart of its technology, users have consistently ranked DexCom highest in customer satisfaction and loyalty. For more information on the Dexcom CGM, visit [www.dexcom.com](http://www.dexcom.com).