WHAT IS A CGM?

A continuous glucose device (CGM) is a wearable device that helps patients monitor and tract their blood glucose levels. It is primary used by patients living with diabetes. However, there is an increasing trend of use in the weight loss community with non-diabetic patients who simply want to track foods that increase their blood glucose levels. CGM uses a small sensor that is inserted under the skin usually in upper arm. Every minute, the CGM measures the glucose levels in the interstitial fluid (fluid around the cells) and sends the result to either a smartphone app or an alternate tracking device. CGMs helps patients manage their blood glucose levels and helps to reduce the risk of blood glucose emergencies where the glucose levels make get really low or really high.

Understanding Blood Glucose (BG) Trend Arrows on Your CGM

FREESTYLE LIBRE 2 & 3:

Image on Reader	What is happening with the blood glucose level?	Anticipated Reading in 15 minutes	Example	What could be the cause?
↑	**Glucose rising quickly** *(More than 2mg/dL per minute)*	**Add:** 30 to current BG	If current BG is 110 mg/dL Reading in 15 minutes: 140 mg/dL (or more)	● Eating foods/beverages high in carbs/sugar ● Skipping insulin or other diabetes meds ● Dehydration ● Stress ● Illness ● Meds affecting BG (i.e. steroids)
↗	**Glucose rising** *(1-2mg/dL per minute)*	**Add:** 15-30 to current BG	If current BG is 110 mg/dL Reading in 15 minutes: 125-140 mg/dL	
→	**Glucose barely changing** *(Less than 1mg/dL per minute)*	_ _ _ _ _	If current BG is 110 mg/dL Reading in 15 minutes: ~ 110 mg/dL	Food, activity, and/or medication therapy are appropriate.
↘	**Glucose falling** *(1-2mg/dL per minute)*	**Subtract:** 15-30 from current BG	If current BG is 110 mg/dL Reading in 15 minutes: 80- 95 mg/dL	● Skipping meals ● Being in a fasted state ● Not eating enough carbs ● Increased physical activity ● Injecting insulin
↓	**Glucose falling quickly** *(More than 2mg/dL per minute)*	**Subtract:** 30 from current BG	If current BG is 110 mg/dL Reading in 15 minutes: 80 mg/dL (or less)	

				● Taking oral medications such as glipizide, glimepiride or glyburide and not eating
**FOR ANY ALARM, IT IS RECOMMENDED TO PERFORM A FINGER STICK BLOOD GLUCOSE CHECK TO CONFIRM REAL TIME BLOOD GLUCOSE**				
LO	Glucose is lower than 40mg/dL	Confirm reading with finger stick and contact health care professional immediately.		
HI	Glucose is higher than 400mg/dL	Confirm reading with finger stick, check ketones level, and contact health care professional immediately.		

https://www.freestyle.abbott/content/dam/adc/freestyle/countries/us-en/documents/get-started-guide.pdf

https://freestyleserver.com/Payloads/IFU/2022/q2/ART46090-003_rev-A.pdf

Understanding Blood Glucose (BG) Trend Arrows

DEXCOM 6 & 7:

Image on Reader	What is happening with the blood glucose level?	Anticipated Reading in 15 minutes	Example	What could be the cause?
⬆⬆	**Glucose rising quickly** *(More than 3 mg/dL per minute)*	**Add:** 45 to current BG	If current BG is 125 mg/dL Reading in 15 minutes: 170 mg/dL (or more)	● Eating foods/beverages high in carbs/sugar ● Skipping insulin or other diabetes meds ● Dehydration ● Stress ● Illness ● Meds affecting BG (i.e. steroids)
⬆	**Glucose rising quickly** *(More than 2mg/dL per minute)*	**Add:** 30-45 to current BG	If current BG is 125 mg/dL Reading in 15 minutes: 155 – 170 mg/dL	
↗	**Glucose rising** *(1-2mg/dL per minute)*	**Add:** 15-30 to current BG	If current BG is 125 mg/dL Reading in 15 minutes: 140-155 mg/dL	

	Glucose steady *(Less than 1mg/dL per minute)*		_ _ _ _ _	If current BG is 125 mg/dL Reading in 15 minutes: ~ 125 mg/dL	Food, activity, and/or medication therapy are appropriate.
	Glucose falling *(1-2mg/dL per minute)*	**Subtract:** 15-30 from current BG		If current BG is 125 mg/dL Reading in 15 minutes: 95 – 110 mg/dL	• Skipping meals • Being in a fasted state • Not eating enough carbs • Increased physical activity • Injecting insulin • Taking oral medications such as glipizide, glimepiride or glyburide and not eating
	Glucose falling quickly *(More than 2mg/dL per minute)*	**Subtract:** 30-45 from current BG		If current BG is 125 mg/dL Reading in 15 minutes: 80 - 95 mg/dL	
	Glucose falling quickly *(More than 3 mg/dL per minute)*	**Subtract:** 45 from current BG		If current BG is 125 mg/dL Reading in 15 minutes: 80 mg/dL (or less)	

FOR ANY ALARM, IT IS RECOMMENDED TO PERFORM A FINGER STICK BLOOD GLUCOSE CHECK TO CONFIRM REAL TIME BLOOD GLUCOSE

LOW ▶ LOW →	**Glucose is lower than 40mg/dL**	**Confirm reading with finger stick and contact health care professional immediately.**
HIGH ▶ HIGH →	**Glucose is higher than 400mg/dL**	**Confirm reading with finger stick, check ketone level, and contact health care professional immediately.**

https://www.dexcom.com/en-us/guides