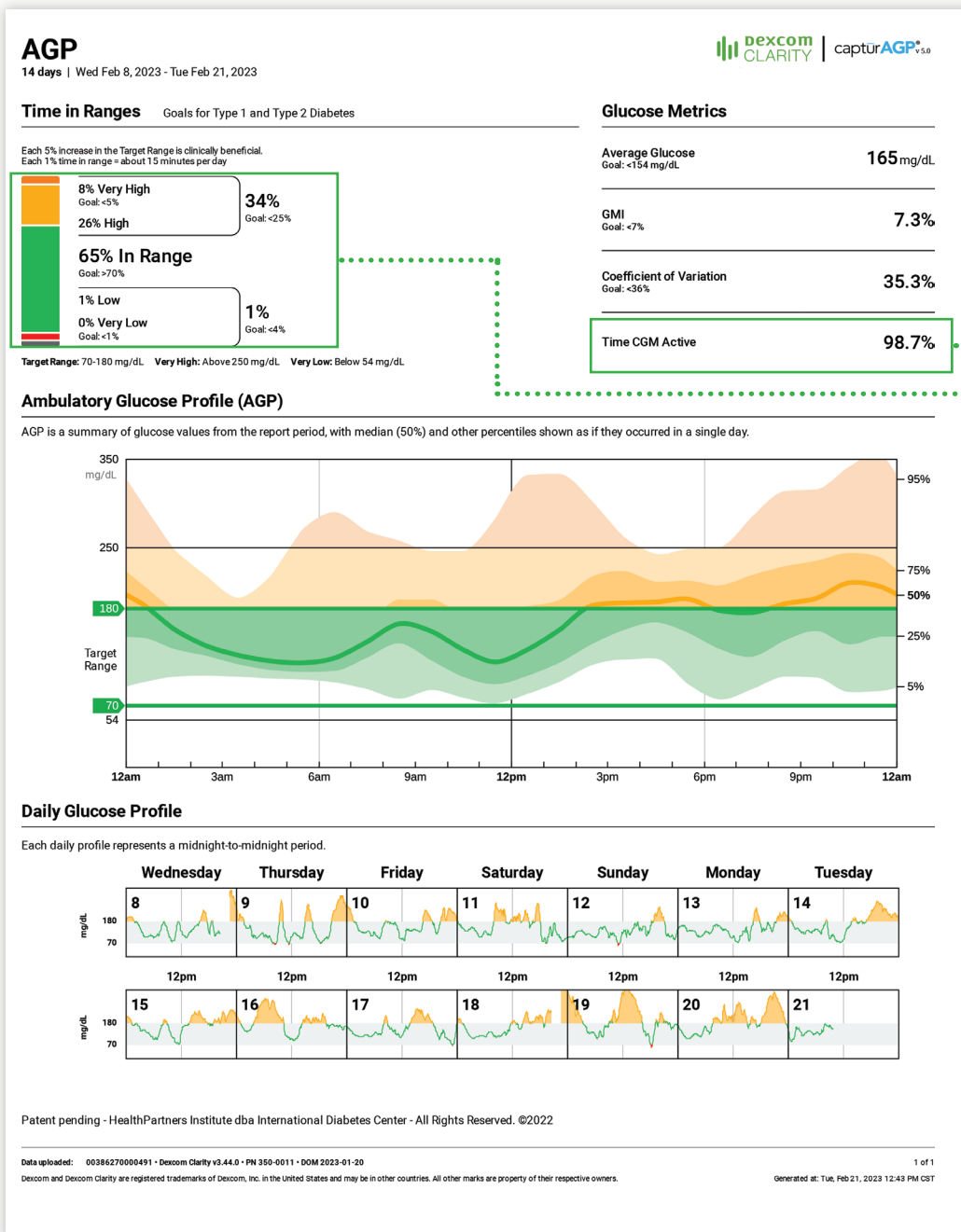


A Stepwise Approach to Continuous Glucose Monitoring (CGM) Interpretation

To address the need for tools to interpret CGM data quickly and efficiently during primary care visits, Szmulowicz and Aleppo created a streamlined, three-step approach.¹ Using this stepwise approach, the report has three distinct sections.



?

Before getting started, assess if there is **enough data to be analyzed?**

- Consensus recommendation is > 70% time CGM active during 14 days.²

1

What is the problem?

- Review standard CGM metrics
- Look for hypoglycemia and hyperglycemia
- Are time in range (TIR) goals met?²

2

Where is the problem?

- Ambulatory Glucose Profile (AGP) shows patterns that are present
- Does a pattern exist? What time of day is the pattern?

3

How to adjust therapy?

- Check daily glucose data
- Use shared decision-making to discuss plan
- See figure below for suggested therapeutic modifications for people with type 2 diabetes only¹

1. Adapted from Szmulowicz E, Aleppo G. Postgraduate Medicine. 2022; 134(8):743-751. 2. Battelino T et al. Diabetes Care. 2019;42(8):1593-1603. †These recommendations are from a published paper. HCPs should exercise their professional judgement in deciding whether to follow these recommendations for individual patients

Quick tips:



Address hypoglycemia first¹



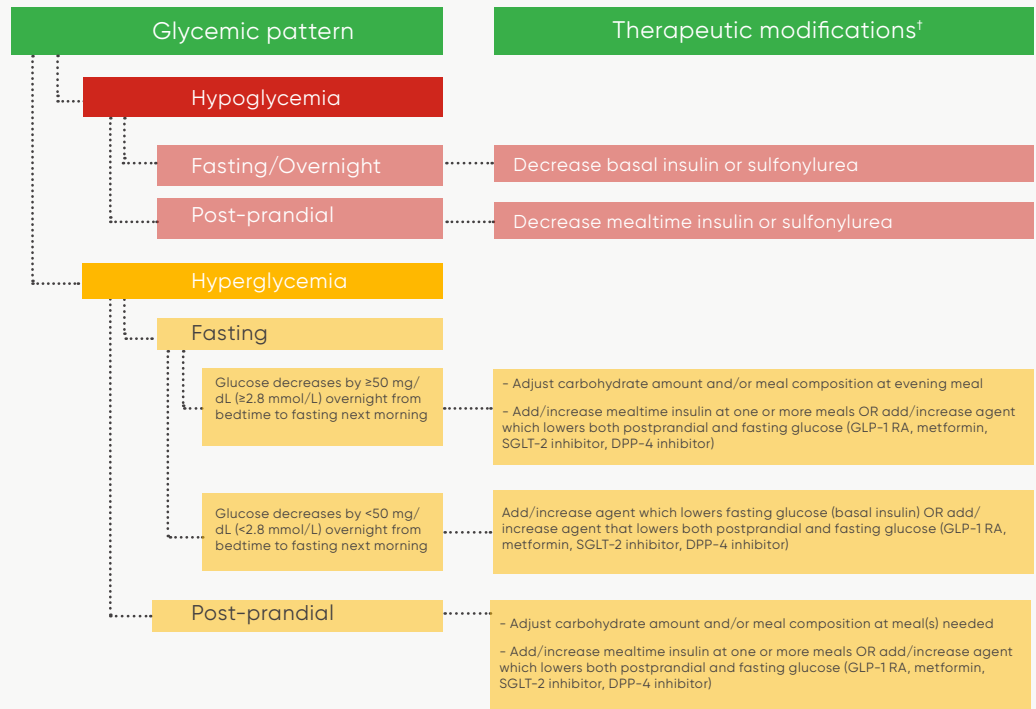
If no hypoglycemia, assess fasting and/or postprandial hyperglycemia¹



Focus on one therapeutic change per visit¹



Engage person living with diabetes in shared decision-making



Try your new skills in this case below.

Case Example



Is there enough data to analyze?



What is the problem?

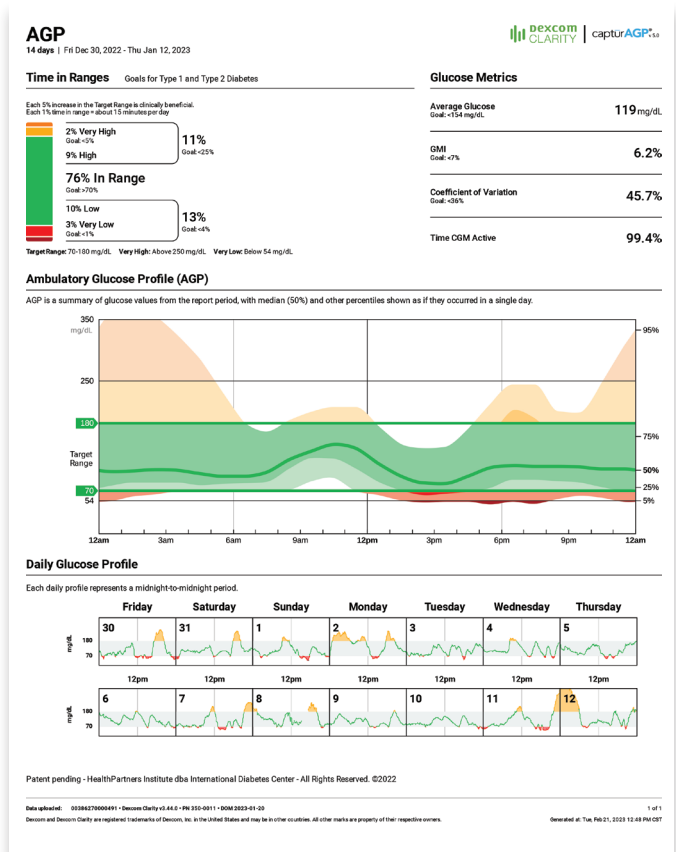


Where is the problem?



How to adjust therapy?

Answer key: ? Yes 1. hypoglycemia - 15% 2. afternoon, evening, 12a-3am 3. Review suggested therapeutic modifications in Step 3.



Scan the code to watch a presentation on the Stepwise Approach.

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