

Better Management for Type-1 Diabetes

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Instead of repeatedly pricking their fingers, some people with type-1 diabetes are relying on continuous glucose monitors (CGMs). With the help of a tiny sensor inserted under the skin, a CGM measures your blood-sugar level continuously and can alert you via a hand-held monitor whenever it isn't within the right range. In a Swedish study, switching to a CGM helped patients to lower their average blood sugar—without dipping too low more often. Most participants also found CGMs more comfortable than the alternative. Although the devices are widely available in Sweden, this isn't true everywhere in Europe and North America. With any luck, this study might help to change that by justifying more support for CGMs under public and private health-insurance plans.