

How CGM can help your patients & your practice -part 2

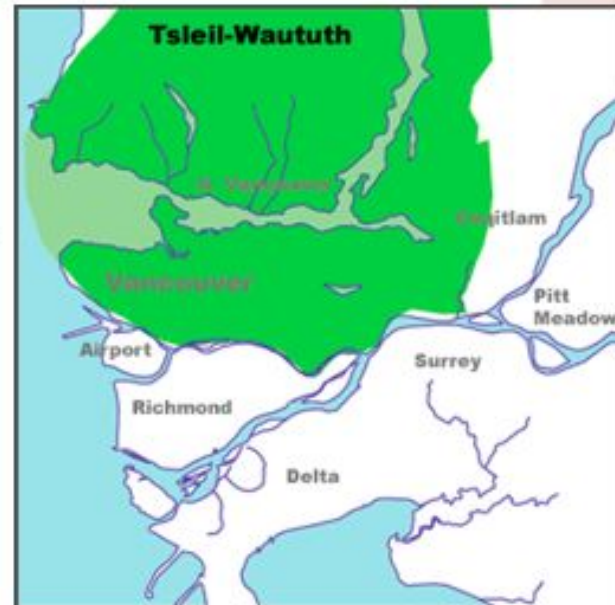
bit.ly/CMECGM2 (this deck)

bit.ly/CGMinfo (3 pager)

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Medical Director, BCDiabetes

We would like to acknowledge that we are gathered today on the traditional territories of the Musqueam, Squamish and Tsleil-Waututh peoples.

Source: www.johomaps.net/na/canada/bc/vancouver/firstnations/firstnations.html



Tom Elliott DISCLOSURES

Relationships with commercial interests:

Owner of Dr. TG Elliott Inc (dba BCDiabetes)
CEO Aidica Systems Inc.

Grants/Research support: Nil

Speaker's bureau/honoraria:

Dexcom/Abbott

Consulting/Advisory Board:

Dexcom/Abbott/NovoNordisk/Lilly/B
oehringer

Samples-distributing them to clients

Dexcom/Abbott/NovoNordisk/Lilly/B
oehringer

VIRTUAL
CARE



CGM



THE DIABETES REVOLUTION

NEW
MEDICATION



AUTOMATION

Diabetes Revolution

Lifestyle

low carb diets

weight loss.... intermittent fasting.....

diabetes remission/"reversal"

Drugs

metformin

empagliflozin

semaglutide

basal & rapid insulin



Patient Care + Research + Clinical Trials

CGM manufacturers 2021

Dexcom \$10/day, Pharmacare-approved

bit.ly/dexcomBCD

trickier software, 2 pieces until 2022

Freestyle Libre 1, 2 & soon 3, \$6.70/day

registergettingstarted.com

smaller, easier to apply, must scan until FSL3



Patient Care + Research + Clinical Trials

BCD Clinic Team



increase ICR & ISR by 10%

text to patient

email to caregiver

CGM report type [↗](#)

none daily weekly 6 month/custom

CGM start date

start time

CGM end date

end time

units

glucose charts

21/06/2021

00:00

22/06/2021

20:50

mmol

distribution

percentile

day to day



Range	% of Readings	# of Readings	Average	Median	Std.Deviation	A1c Est*
Low < 4	0%	0	N/A	N/A	N/A	-
Normal	56.3%	278	6.5	6.7	0.8	-
High > 8	43.7%	216	10.8	10.9	2.3	-
Overall	100%	494	8.5	7.6	2.7	6.9%

* This is only a rough estimation that can be very inaccurate and does not replace actual blood testing. The formula used is taken from: Nathan, David M., et al. "Translating the A1C assay into estimated average glucose values." Diabetes care 31.8 (2008): 1473-1478.



02/08/2022

02/14/2022

mmol

glucose distribution | glucose percentile | glucose day to day



Range	% of Readings	# of Readings	Average	Median	Std.Deviation	A1c Est*
Low < 4	0%	0	N/A	N/A	N/A	-
Normal	0%	0	N/A	N/A	N/A	-
High > 10	100%	1243	17.8	17	2.9	-
Overall	100%	1243	17.8	17	2.9	12.8%

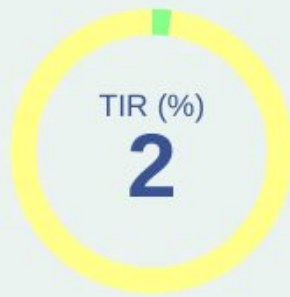
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Monday, 14 February 2022 In Range



Sunday, 13 February 2022 In Range





Range	% of Readings	# of Readings	Average	Median	Std.Deviation	A1c Est*
Low < 4	0%	0	N/A	N/A	N/A	-
Normal	2.3%	44	9.6	9.7	0.2	-
High > 10	97.7%	1856	16.1	15.4	4.2	-
Overall	100%	1900	16	15.1	4.3	11.7%

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Friday, 25 February 2022 In Range



Thursday, 24 February 2022 In Range





Low < 4	0%	0	N/A	N/A	N/A	-
Normal	68.0%	980	7.7	7.9	1.4	-
High > 10	31.4%	448	12.8	12.3	2.3	-
Overall	100%	1428	9.3	9	3	7.5%

* This is only a rough estimation that can be very inaccurate and does not replace actual blood testing. The formula used is taken from: Nathan, David M., et al. "Translating the A1C assay into estimated average glucose values." Diabetes care 33.8 (2010): 1473-1478.

Tuesday, 1 March 2022 [in Range](#)



Monday, 28 February 2022 [in Range](#)



Sunday, 27 February 2022 [in Range](#)



01/29/2022



02/07/2022



mmol

glucose distribution

glucose percentile

glucose day to day



Range	% of Readings	# of Readings	Average	Median	Std.Deviation	A1c Est*
Low < 4	0%	0	N/A	N/A	N/A	-
Normal	62.1%	1127	8.7	8.8	0.7	-
High > 10	37.9%	688	11.8	11.4	1.5	-
Overall	100%	1815	9.9	9.5	1.9	7.9%

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Monday, 7 February 2022 In Range



Sunday, 6 February 2022 In Range



02/02/2022



02/03/2022



mmol



glucose distribution

glucose percentile

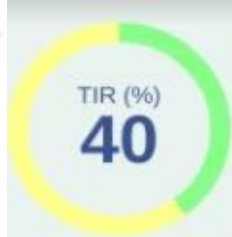
glucose day to day



Range	% of Readings	# of Readings	Average	Median	Std.Deviation	A1c Est*
Low < 4	0%	0	N/A	N/A	N/A	-
Normal	95.2%	816	7.2	7.1	0.9	-
High > 10	4.8%	41	10.8	10.7	0.7	-
Overall	100%	857	7.4	7.1	1.2	6.3%

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Range	% of Readings	# of Readings	Average	Median	Std.Deviation	A1c Est*
Low < 4	0%	0	N/A	N/A	N/A	-
Normal	39.8%	299	8.7	8.8	0.8	-
High > 10	60.2%	453	13.4	12.0	2.9	-
Overall	100%	752	11.6	10.7	3.3	8.9%

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02/02/2022

02/03/2022

mmol

glucose distribution

glucose percentile

glucose day to day



Range	% of Readings	# of Readings	Average	Median	Std.Deviation	A1c Est*
Low < 4	2.9%	25	3.3	3.6	0.5	-
Normal	21.3%	184	7.4	8.1	2	-
High > 10	75.8%	656	13.6	12.9	2.8	-
Overall	100%	865	12	12.2	4	9.2%

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Thursday, 3 February 2022 In Range



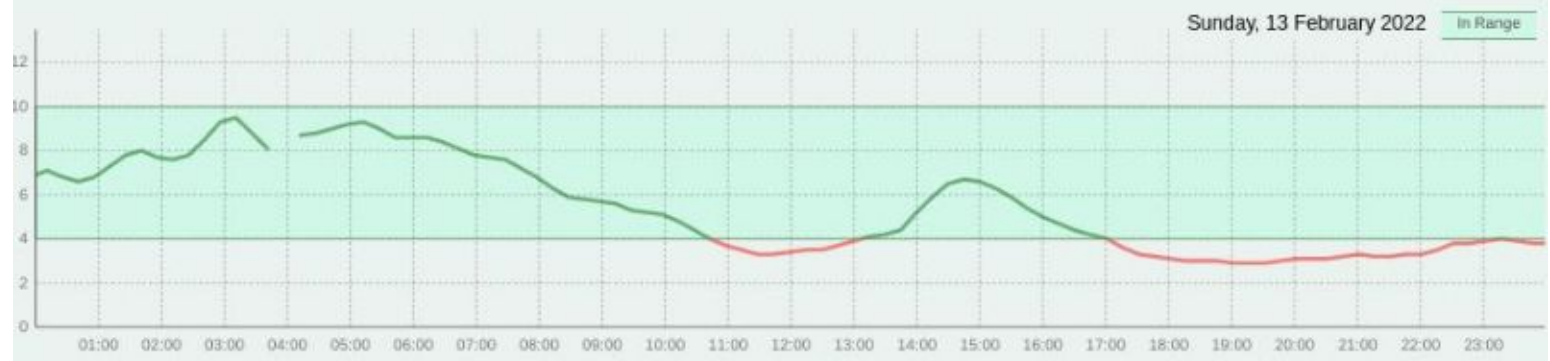
Wednesday, 2 February 2022 In Range





Low < 4	45.7%	335	3.1	3.1	0.3	-
Normal	54.3%	400	6.6	6.6	1.5	-
High > 10	0%	0	N/A	N/A	N/A	-
Overall	100%	736	5	4.4	2.1	4.8%

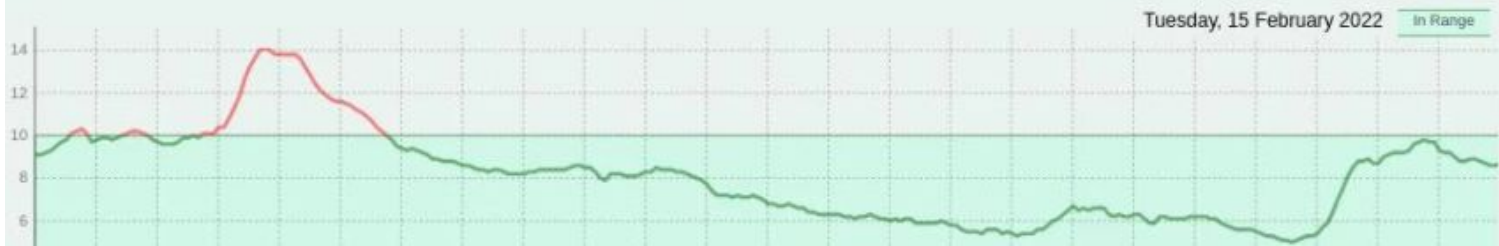
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Normal	80.5%	1541	8	8.3	1.2	-
High > 10	19.5%	373	11.4	11.4	1	-
Overall	100%	1914	8.7	8.6	1.8	7.1%

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Category	Percentage	Count	Mean	SD	CV	CV2
Normal	63.6%	1193	7.3	7.4	1.5	-
High > 10	32.8%	584	13.1	12.3	2.4	-
Overall	100%	1781	9.1	8.5	3.5	7.3%

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Range	% of Readings	# of Readings	Average	Median	Std.Deviation	A1c Est*
Low < 4	0%	0	N/A	N/A	N/A	-
Normal	23.6%	304	8.3	8.7	1.3	-
High > 10	76.4%	985	12.6	1.6	-	
Overall	100%	1289	11.6	11.8	2.4	8.9%

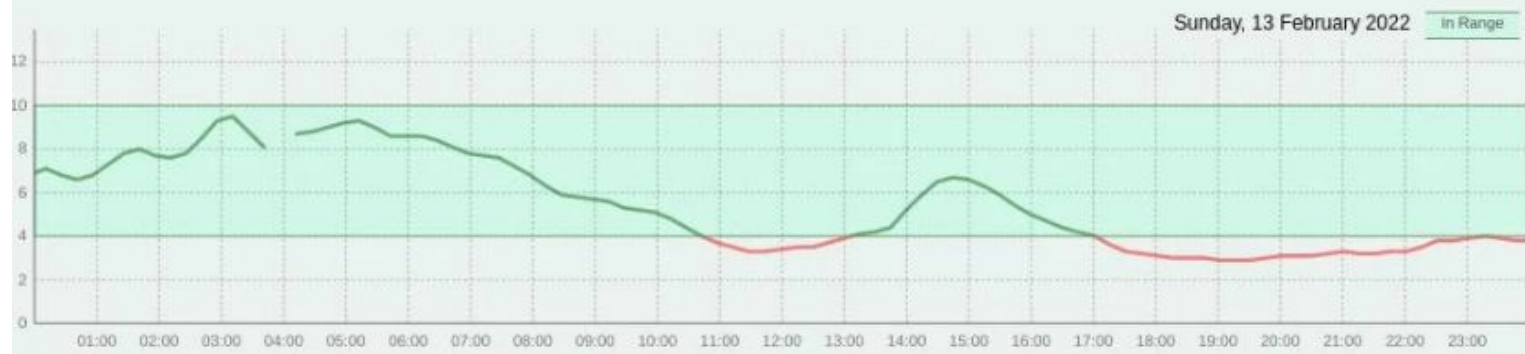
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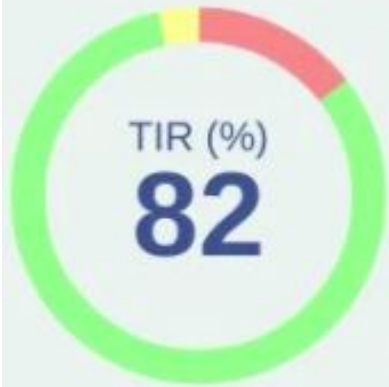




Low < 4	45.7%	336	3.1	3.1	0.3	-
Normal	54.3%	400	6.6	6.6	1.5	-
High > 10	0%	0	N/A	N/A	N/A	-
Overall	100%	736	5	4.4	2.1	4.8%

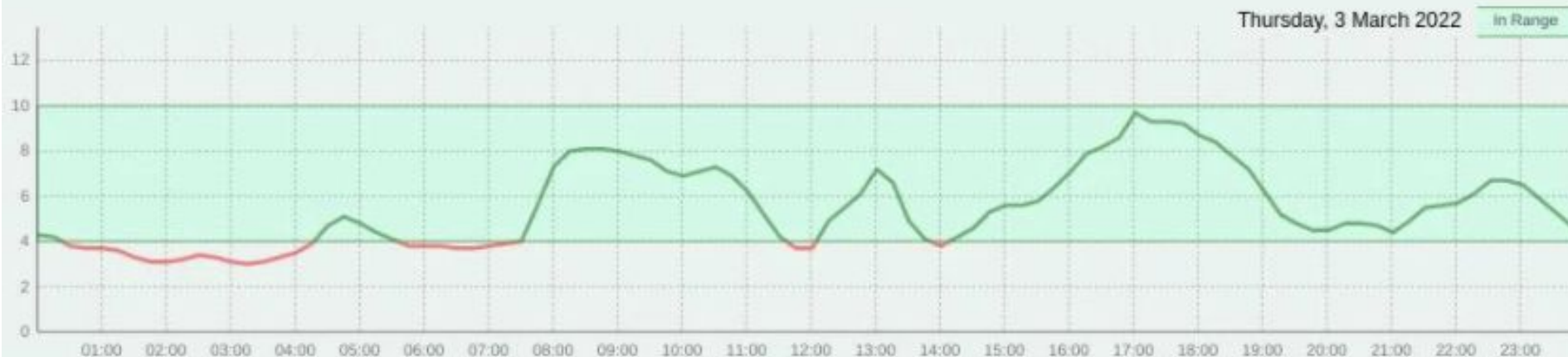
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Range	% of Readings	# of Readings	Average	Median	Std.Deviation	A1c Est*
Low < 4	14.5%	269	3.4	3.6	0.4	-
Normal	81.9%	1518	6.4	6.2	1.5	-
High > 10	3.6%	66	10.9	11	0.6	-
Overall	100%	1853	6.2	5.8	2	5.5%

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Range	% of Readings	# of Readings	Average	Median	Std.Deviation	A1c Est*
Low < 4	7.8%	98	3.5	3.5	0.2	-
Normal	63.5%	793	6.3	6.2	1.6	-
High > 10	28.7%	358	13.4	12.7	2.4	-
Overall	100%	1249	8.1	6.8	3.9	6.7%

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Monday, 28 March 2022 In Range



Sunday, 27 March 2022 In Range



Saturday, 26 March 2022 In Range

