

Continuous Glucose Monitors

Information for Patients



Society of Metabolic Health Practitioners

Why use a CGM?

	Why
Family history of metabolic illness	You might have a family history of metabolic disease (like type 2 diabetes) and you want to prioritize your long-term health
Comfort and ease	CGMs are a painless way to check your blood sugar. No daily needles are involved!
Valuable information	CGMs give you immediate feedback on how your lifestyle and diet affects your blood sugar.
Improve your doctor visits	You can share your blood sugar data with your clinician to help them optimize medication and treatment.
Informed food choices	You can finally detect what foods raise your blood sugar and, thus, your HbA1c. With this knowledge, you can decrease the amount, frequency, or avoid these foods completely.
Safety	Finger sticks only show blood sugar at one point in time. CGMs show trends on a graph. This gives you a better chance of catching low blood sugar before it happens.

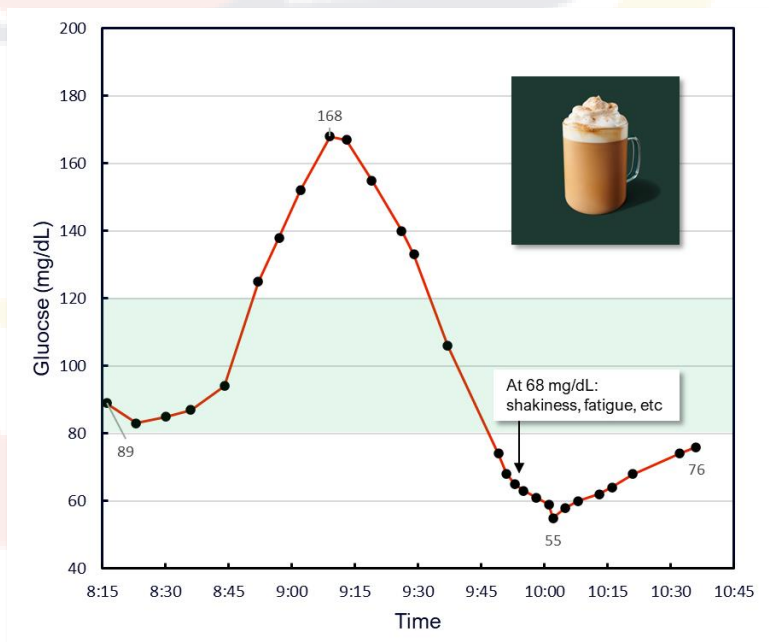
Besides food, what factors can increase or decrease blood glucose?

- Alcohol intake (↓)
- Exercise (↓ or ↑ acutely then ↓)
- Stress (↑, mental, emotional, physical)
- Pain (↑)
- Medications (↓ or ↑, both Rx and OTC)
- Showers/Sauna (generally ↑)
- Lack of sleep (↑)
- Sleeping directly on the glucose sensor (↓, compression hypoglycemia)
- Viral infections (↑)

Reactive Hypoglycemia

A large carbohydrate meal can spike your blood sugar and **insulin**. Your insulin could rise so much that it causes an **over-correction**, or **reactive hypoglycemia** (low blood sugar). On the right is an example from a pumpkin spiced latte (50g sugar). This high-insulin induced blood sugar drop to below 68 mg/dL causes the body to release stress hormones such as **cortisol**, **adrenaline**, and **noradrenaline**. This even happens in people with perfect metabolic health. People are often symptomatic as well and can feel the following:

- Fatigue
- Anxiety
- Tremors
- Brain fog
- Sweating
- Hunger



You've likely experienced these symptoms 1-2 hours after eating food. A CGM can help you explore how food affects your metabolism and, ultimately, even the way you feel.