

The use of Continuous Glucose Monitoring in Patients with Type 2 Diabetes to Address and  
reduce Hypoglycemia Episodes

Name

Professor

Course Title

Due Date

Our contemporary lifestyle has greatly influenced resistance of insulin within our body which increase the prevalence of diabetes within the general population. Diabetes is a medical condition that involves abnormally high glucose levels in the blood. Diabetes management comes with a significant effect on patients because they are to suddenly adopt new lifestyle modifications and medication therapies including glucose monitoring. This paper will pursue understanding the use of continuous glucose monitoring in patients with type 2 diabetes to address and reduce hypoglycaemic episodes.

Type 2 diabetes (T2D) is more prevalent and its management is more heterogeneous which treatment therapies among them intensive insulin therapy. T1D and T2D are common conditions associated with hypoglycemia because of abnormally low blood sugar which is a result of excessive insulin or poor diet (Jackson et al., 2021). The major method of monitoring glucose levels is continuous glucose monitoring. Many publications suggest that continuous glucose monitoring (CGM) provides patient's real-time assessment of their glucose levels which is important in reducing hypoglycemia in patients with T1D (Robertson et al., 2020). CGM, therefore, works by measuring interstitial glucose concentration in real-time giving patients' insights to adjust insulin dosing or consume carbohydrates to minimize the risk of hypoglycemia.

However, compared with other measure approaches, fewer studies have shown the relationship between continuous glucose monitoring and patients with type 2 diabetes in the reduction of hypoglycemia. Reduced time with a glucose level of less than 70mg/dL is healthier because it is associated with the risk of subsequent severe hypoglycemia episodes, hence, continuous glucose monitoring can alert patients with T2D that they are becoming hypoglycaemic, especially those that are using insulin therapies. CGM serves patients with T2D data with their current sugar levels and also later they can review retrospectively this

data to track and stay on track with their diseases and other comorbidities such as hypoglycemia.

#### References

Jackson, M. A., Ahmann, A., & Shah, V. N. (2021). Type 2 diabetes and the use of real-time continuous glucose monitoring. *Diabetes Technology & Therapeutics*, 23(S1), S-27.

Robertson, S., Shaughnessy, A. F., & Slawson, D. C. (2020). Continuous glucose monitoring in type 2 diabetes is not ready for widespread adoption. *American Family Physician*, 101(11), 646-646.