

Using Continuous Glucose Monitors for Diabetes vs. Dieting

What to Know



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MEDICINE

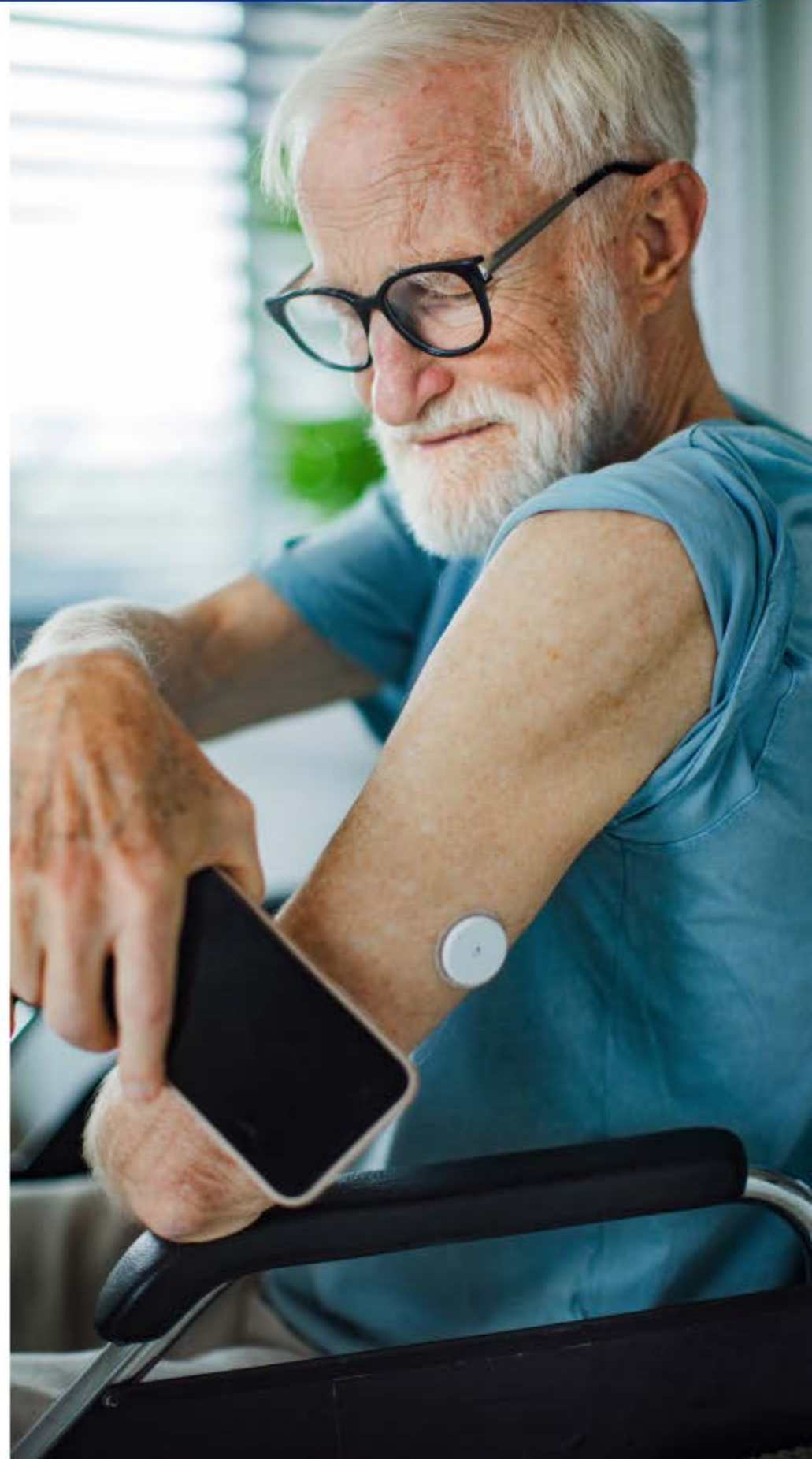
Center for Community Health & Prevention

What are Continuous Glucose Monitors?

A continuous glucose monitor (CGM) estimates and tracks a person's glucose level every few minutes.

A CGM is worn on the skin for 7-14 days.

The most common brands are FreeStyle Libre and Dexcom.



Who are CGMs For?

CGMs were designed for people diagnosed with diabetes. They help alert users of high and low blood sugar numbers. This data can help people determine lifestyle (eating/exercise) or medication options to get their blood sugar numbers back in range.

What About Using for Weight Loss?

While CGMs were designed for those with diabetes, the devices have entered the weight loss realm for some. It's important to consider the pros and cons, as well as talk to your health care provider, before diving in.



Pros & Cons



Pros

- Wearing a CGM can provide instant feedback on how your body responds to certain foods.
- CGMs allow you to see how stable or how high your blood sugars react after eating/drinking. This information helps avoid problematic options.
- A CGM can help you modify behaviors.



Swipe for Cons



Cons

Potential Source of Anxiety:

Sometimes, more information can be overwhelming rather than beneficial.

Context: Having more data can make food choices more confusing without proper context.

I.e. It's normal for blood sugars to rise after eating most meals. The important part to consider is how long it takes for blood sugars to normalize.



Food Fear: Seeing blood sugar swings can set a person up to categorize foods as good or bad, which can be very limiting.

Cost: CGM devices are typically only covered by insurance companies if someone has a diagnosis of diabetes, otherwise there is a pay out of pocket option (~\$75 per month)

Training: CGMs require a device be on your body at all times. The area needs to be clean to prevent infection and the site needs to be changed regularly to prevent skin damage.