In T2D, glycemic control up with continuous glucose monitoring

August 23 2017

(HealthDay)—Adults with type 2 diabetes receiving multiple daily

insulin injections randomized to continuous glucose monitoring (CGM) have improved glycemic control versus usual care, according to a study published online Aug. 22 in the *Annals of Internal Medicine*.

Roy W. Beck, M.D., Ph.D., from the Jaeb Center for Health Research in Tampa, Fla., and colleagues examined the effectiveness of CGM in adults with type 2 diabetes receiving multiple daily insulin injections. Data were included for 158 adults who had had type 2 diabetes for a median of 17 years. Participants were randomized to CGM or usual care (79 in each group).

The researchers found that at 24 weeks, the mean hemoglobin A1c levels decreased to 7.7 and 8.0 percent in the CGM and control groups, respectively (adjusted difference in mean change, –0.3 percent; 95 percent confidence interval, –0.5 to 0.0 percent; P = 0.022). CGM-measured hypoglycemia or quality-of-life outcomes did not differ meaningfully between the groups. The average CGM use per week was 6.7 days in the CGM group.

"A high percentage of adults who received multiple daily insulin injections for type 2 diabetes used CGM on a daily or near-daily basis for 24 weeks and had improved glycemic control," the authors write. "Because few insulin-treated patients with type 2 diabetes currently use CGM, these results support an additional management method that may benefit these patients."

Several authors disclosed financial ties to pharmaceutical companies, including Dexcom, which funded the study.

More information: Abstract/Full Text (subscription or payment may be required)
Editorial (subscription or payment may be required)