

# Glycemic control in type 1 diabetes improved during lockdown

31 December 2020



"Our study suggests that while the lockdown was a source of anxiety for many people with type 1 diabetes, it was also an opportunity to make positive [behavioral changes](#)," the authors write. "Their persistence after easing of lockdown should be studied."

Several authors disclosed financial ties to the biopharmaceutical and medical device industries.

**More information:** [Abstract/Full Text](#) ([subscription or payment may be required](#))

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(HealthDay)—On average, glycemic control improved during lockdown among people living with type 1 diabetes, according to a study published online Dec. 23 in *Diabetes Care*.

Louis Potier, M.D., from Bichat Hospital in Paris, and colleagues conducted an observational assessment from a self-reported questionnaire on behavioral changes and glycemic information from flash glucose monitoring (FGM) during [lockdown](#) in 1,378 individuals living with type 1 [diabetes](#). Change in the mean glucose level two months before and one month after the lockdown was the main outcome.

The researchers observed improvement in mean glucose from  $9.1 \pm 1.7$  mmol/L to  $8.7 \pm 1.7$  mmol/L. Decreased alcohol consumption, an increase in the frequency of FGM scans and in the number of hypoglycemic events, and an easier diabetes control perception were factors associated with better [glycemic control](#) (odds ratios, 1.75, 1.48, 1.67, and 1.71, respectively).

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