

# Monitoring hypoglycemia and glycaemic variability through CGM devices in type 2 diabetes patients

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### Abstract

My observational study tried to study type 2 diabetes Management using CGM Sensors in 20 patients in which there was a combination of Physical Consultations with Tele consultations. Particular emphasis was given on 2 important parameters i.e. Glycaemic Variability and hypoglycemia. Some patients also measured their vitals using their Wearable's particularly Smart Glucometers. Our Study consisted of 20 patients who came for diabetes management in Authors Private Practice. There was a significant amount of geriatric population (50%) who had repeated instances of hypoglycemia. There were significant instances of glycaemic variability in 12 patients in which 7 were females aged above 50 years. 20 patients were given Abbot Freestyle Libre Device which had a CGM Sensor and monitored for 3 months. This study has helped in devising novel strategies to treat episodes of recurrent hypoglycemia particularly in geriatric patients. CGM sensors also gave significant information about glycemic variability and helped in devising ideal management using OHA and Insulin. Significant support was seen in Semi Urban and rural population group in which consisted of around 40 percent of the study group. Due to high cost of the sensors, patients were given option of yearly subscriptions which helped in devising novel diabetes subscription plans. This study reconfirms that Medical IOTs particularly CGM Sensors offer significant benefit in offering comprehensive diabetes management and helping in predicting medical emergencies. The Author recommends that CGM Sensors should be included in the Diabetes Care plan particularly in geriatric population so that these 2 vital parameters are included and a personalized therapy using OHAs and Insulin Analogues can be devised for each patient.

### Biography

Sudhanshu Mishra has completed his MBBS from M S University, Vadodara (India) and DNB Family Medicine from NBE New Delhi. He is the currently the Head of Preventive Health at Medeor Hospital Manesar, a premier multispecialty hospital in Delhi NCR Region. He is also attached as a Consultant Diabetologist with Lifespan Cardio metabolic Clinics; a Pan India chain of specialized Diabetes Clinics. He has been active in the field of telemedicine for last 5-6 years with various Video Consultation and M-Health Platforms.



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