

Continuous glucose monitoring improves quality of life in T1DM

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(HealthDay)—Continuous glucose monitoring (CGM) contributes to significant improvements in diabetes-specific quality of life (QOL) measures among adults with type 1 diabetes mellitus (T1DM), according to a study published online April 7 in *Diabetes Care*.

William H. Polonsky, Ph.D., from University of California, San Diego, and colleagues evaluated quality of life data for 158 patients participating in the DIAMOND randomized trial assessing CGM versus self-monitoring of [blood glucose](#) (SMBG) in adults with poorly-controlled T1DM.

The researchers found that the CGM group showed a greater increase in hypoglycemic confidence ($P = 0.01$) and a greater decrease in diabetes distress ($P = 0.01$), compared to the SMBG group. There were no significant differences in well-being, health status, or hypoglycemic fear between the groups. CGM satisfaction was not significantly associated with glycemic changes.

"CGM satisfaction was associated with most of the QOL outcomes but not with glycemic outcomes," the authors write.

Two authors disclosed financial ties to the medical device industry, including Dexcom, which funded the study.

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