INTRODUCTION

Continuous Glucose Monitoring (CGMS) takes place increasingly in the daily routines of diabetic patients. It has been shown that metabolic control improves when CGMS is used consistently.

AIM

We aimed to show the effect of CGMS in patients using MDI therapy.

METHOD

- All patients using multiple-dose insulin therapy at our center and continued their regular follow-up and using CGMS for at least three months were screened through their files. Eight of the 71 patients were excluded from the study because they switched to insulin pump therapy, 17 patients were on their honeymoon period, one patient was diagnosed with MODY, three patients were diagnosed with type 2 diabetes who only used metformin, and six patients were using for less than three months, so 36 patients were included in the study.
- Anthropometric measurements, insulin doses, HbA1c and sensor data of all cases were included in the study.

CONCLUSIONS

- CGMS provides significant convenience for patients and their families, and provides much more data for healthcare professionals than capillary blood glucose measurement.
- The real benefit of CGMS comes in regular and long-term use.

RESULTS

Twenty (55%) of 36 patients included in the study were female and 16 (45%) were male. During the study, the median age was 13.4 years (5.2-27.13), and the median follow-up period with the diagnosis of Type 1 Diabetes was 2.9 years (1.05-16.2).

It was shown that patients' weight, weight SDS increased with the use of sensors, and a statistically significant decrease was achieved in HbA1c (Table 1).

In addition, the increase in the duration of sensor use correlated with a decrease in glucose variability, an increase in TIR, and a decrease in TAR (Table 2).

While a decrease of 8.6% is observed in TIR with the use was less than 15 months, the benefit of using the sensor >15 months is clearly seen, and a 7.2% increase is observed in TIR (p<0.016). However, a significant decrease in TBR was not detected.

After using the sensor, the awareness of the patients about hyperglycemia raised, they intervened more to reduce their blood glucose values and probably they consume more food because they can monitor glucose levels more closely.

REFERENCES