



Use of CGM like Dexcom G7 is beneficial and recommended for individuals at high risk for hypoglycemia. (A)¹



CGM is highly recommended to assist people with diabetes in reaching goals safely.²



Hypoglycemia is often the major limiting factor in the management of diabetes. Continuous glucose monitoring (CGM) can be a valuable tool in the detection and prevention of hypoglycemia.³

HYPOGLYCEMIA CLASSIFICATION¹

Glycemic criteria/description	
Level 1	Glucose <70mg/dL (<3.9mmol/L) and ≥ 54 mg/dL (≥ 3.0mmol/L)
Level 2	Glucose <54 mg/dL (<3.0 mmol/L)
Level 3	A severe event characterized by altered mental and/or physical status requiring assistance for treatment of hypoglycemia, irrespective of glucose level



Hypoglycemia prevention is a critical component of diabetes management.¹

ASSESS RISK FACTORS OF HYPOGLYCEMIA

Especially in those treated with **insulin, sulfonylureas, or meglitinides¹**

Clinical/biological:

- Recent level 2 or level 3 hypoglycemia
- Impaired hypoglycemia awareness
- Cognitive impairment or dementia
- Multiple recent level 1 hypoglycemia
- Older age, female sex
- High glycemic variability
- Polypharmacy
- CVD, CKD, neuropathy, and retinopathy
- Major depressive disorder

Social, cultural and economic:

- Food insecurity
- Low-income status
- Homelessness
- Fasting for religious or cultural reasons
- Low health literacy
- Alcohol or substance use disorder



Real-time CGM (RT-CGM) like Dexcom G7 is recommended for people with diabetes who are treated with insulin, or who have a high risk of hypoglycemia and/or hypoglycemia unawareness.³

^{*}Grade A: Clear evidence from well-conducted, generalizable randomized controlled trials that are adequately powered.

¹ American Diabetes Association Professional Practice Committee. *Diabetes Care*. 2024;47 (Supplement_1):S111–S125. ² Samson SL, et al. *Endocr Pract*. 2023;29(5):305–340. ³ Blonde L, et al. *Endocr Pract*. 2022;28(10):923–1049.

ASSESS HYPOGLYCEMIA AT EVERY ENCOUNTER

Utilize a patient questionnaire¹

- 1 Ask patients about specific glucose values**
Example: Have you ever had a glucose value <70 mg/dL? <54 mg/dL?
- 2 Ask about common hypoglycemic symptoms and fear of hypoglycemia**
Example: Do you ever feel shaky, dizzy, or sweaty without knowing why? What concerns you the most about hypoglycemia?
- 3 Screen for impaired hypoglycemia awareness**
Example: Do you ever have low glucose (<70mg/dL) without feeling symptoms?
- 4 Discuss frequency/circumstance of hypoglycemia event(s)**
Example: How many times does your glucose go below 70 mg/dL per week? Do you know the reason why? Have there been any changes in your nutrition, activity, medications, health/illness, etc.?
- 5 Assess the severity of the hypoglycemia event(s)**
Example: Have you had a hypoglycemia event for which you needed someone's help and were unable to treat yourself?



Hypoglycemia is only assessed in ~24% of primary care clinic visits for at-risk patients.² Thus, without CGM, a large proportion of the actual burden of hypoglycemia can be missed in clinical care.

KEY FEATURES OF DEXCOM G7 THAT HELP MINIMIZE THE RISK OF HYPOGLYCEMIA¹¹

Dexcom Follow app for friends & family[†]

- Dexcom CGM Systems and Dexcom-powered automated insulin delivery (AID) systems allow users to have up to 10 Followers¹¹
- People with Followers reported experiencing fewer episodes of severe hypoglycemia¹⁴
- Dexcom users with Followers report that data sharing gives them greater peace of mind and helps them feel less alone with their diabetes¹⁴

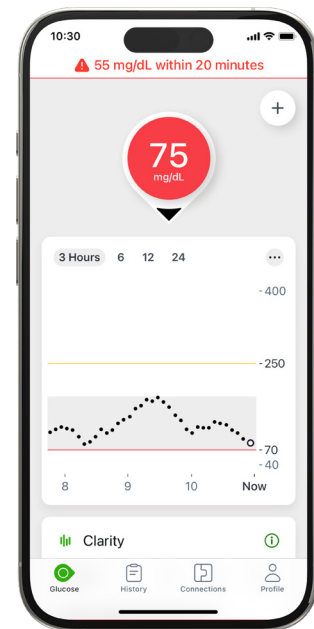
Urgent Low Soon alert

- Provides an actionable alert in advance of predicted hypoglycemia¹¹
- Helps patients spend less time in hypoglycemia and rebound hypoglycemia¹³

HEALTH BENEFITS OF DEXCOM RT-CGM

Clinically proven to:

- Reduce hyper- and hypoglycemia³⁻⁸
- Increase time in range³⁻⁸
- Improve quality of life³⁻⁸
- Lower A1C³⁻⁸
- Reduce hypoglycemia-related emergency visits or hospitalizations^{9,10}



Smart device sold separately.[†]

This resource is intended for healthcare professionals only

[†]Rebound hyperglycemia events were defined as series of one or more sensor glucose values >180 mg/dL starting within 2 hours of a sensor glucose value <54 mg/dL. ^{††}Separate Dexcom Follow app and internet connection required. Users should always confirm readings on the Dexcom G6/G7 app or receiver before making treatment decisions.

1. ElSayed NA, et al. *Diabetes Care*. 2023 Jan 1;46(Suppl 1):S97-S110. 2 Pilla SJ, et al. *J Gen Intern Med*. 2021;36(6):1533-1542. 3 Beck RW, et al. *JAMA*. 2017;317(4):371-378. 4 Beck RW, et al. *Ann Intern Med*. 2017;167(6):365-374. 5 Martens T, et al. *JAMA*. 2021;325(22):2262-2272. 6 Laffel LM, et al. *JAMA*. 2020;323(23):2388-2396. 7 Welsh JB, et al. *J Diabetes Sci Technol*. 2022;19322968221099879. 8 Gilbert TR, et al. *Diabetes Technol Ther*. 2021;23(S1):S35-S39. 9 Karter AJ, et al. *Diabetes Technol Ther*. 2022;24(5):332-337. 10 Isaacson B, et al. *J Diabetes Sci Technol*. 2022;16(2):383-389. 11 Dexcom G7 User Guide. 12 Puh R, et al. *Diabetes Technol Ther*. 2019;21(4):155-158. 13 Acciaroli G, et al. *J Diabetes Sci Technol*. 2022;16(3):677-682. 14. Polonsky W, Fortmann, A. *Diabetes Technol Ther*. 2020;23(4).

BRIEF SAFETY STATEMENT: Failure to use the Dexcom Continuous Glucose Monitoring System and its components according to the instructions for use provided with your device and available at <https://www.dexcom.com/safety-information> and to properly consider all indications, contraindications, warnings, precautions, and cautions in those instructions for use may result in your missing a severe hypoglycemia (low blood glucose) or hyperglycemia (high blood glucose) occurrence and/or making a treatment decision that may result in injury. If your glucose alerts and readings from the Dexcom CGM do not match symptoms, use a blood glucose meter to make diabetes treatment decisions. Seek medical advice and attention when appropriate, including for any medical emergency.

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