



CAPTAIN LANTUS GUIDE

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UNDERSTANDING CGMs

LEARN
UNDERSTAND
FEEL
EMPOWERED!

A CAPTAIN LANTUS GUIDE TO
DIABETES TECHNOLOGY



Your CGM is like
a superhero radar
for blood sugars!



 **SEE**
WHAT'S
HAPPENING

 **GET**
ALERTS
THAT HELP

 **SPOT**
TRENDS
EARLY

 **SHARE**
WITH PEOPLE
YOU TRUST



KNOW MORE. ★ FEEL STRONGER. ★ BE A HERO!



WHAT IS A CGM?

It keeps watch even while you're sleeping!

CGM stands for **Continuous Glucose Monitor**.

It checks your glucose levels **day and night!**



HOW DOES A CGM WORK?

1. CGM SENSOR



A tiny sensor sits on your skin and measures glucose in the fluid underneath.

2. SENDS INFORMATION



It sends the information wirelessly to your phone or receiver.

3. SEE YOUR GLUCOSE



You can see your glucose levels, trends and patterns anytime, anywhere!



YOUR CGM IS LIKE A SUPERHERO RADAR!

- ★ It helps you **see** what's happening with your glucose.
- ★ It helps you make **smart** choices.
- ★ It helps you stay **safe** and feel in control.



★ YOUR CGM. YOUR SUPERPOWER. USE IT. LEARN IT. OWN IT!



MEET THE CGM SENSOR!

Let's take a closer look!

A tiny piece of tech with SUPERHERO POWERS!



Your CGM sensor works 24/7 to help you stay in control!



1. SENSOR

This is the part you see on the outside. It's small, waterproof and stays on your skin.



2. TINY FILAMENT

Under the skin, a very thin filament measures glucose levels in the fluid around your cells.

3. ADHESIVE PATCH

The patch keeps your sensor in place. It's strong and made for everyday life!



WHERE DOES IT GO?

Sensors are usually placed on the back of your **arm** or **tummy**. You choose the spot that works best for you!



SMALL SENSOR. BIG IMPACT.
YOUR CGM SENSOR WORKS HARD FOR YOU!



BETA
TOWN

CGM

PDF
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SUPERPOWERS!

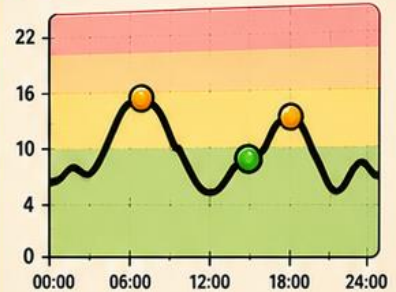
These powers help every diabetes hero stay one step ahead!

1 ALERTS



CGMs can warn you before blood sugars go too high or too low.

2 GRAPHS



See your glucose story throughout the day.

3 TRENDS



GOING UP Blood sugar is rising.
STEADY Blood sugar is steady.
GOING DOWN Blood sugar is falling.

Trend arrows show where your glucose may be heading next.

4 SHARING



Parents and carers can help keep an eye on things too.

KING CARB'S FACT!

Some CGMs can send glucose readings every few minutes, day and night.

BE IN CONTROL
BE A HERO!

★ YOUR CGM WORKS HARD SO YOU CAN BE THE HERO! ★

UNDERSTANDING THE NUMBERS!

These numbers help tell the story of your glucose levels!



CGM numbers change all day long for lots of reasons!

IN RANGE!

5.8 mmol/L

GREEN ZONE

Your glucose is where your diabetes team wants it to be.

SLIGHTLY HIGH

10.5 mmol/L

YELLOW ZONE

Keep an eye on things and follow your usual plan.

SLIGHTLY LOW

4.2 mmol/L

YELLOW ZONE

You may need a quick carbohydrate snack.

TIME TO CHECK!

2.8 mmol/L

RED ZONE

Always follow your diabetes team's advice and tell an adult.

KING CARB'S FACT!

CGM numbers change all day long because food, exercise, insulin and even excitement can affect glucose levels.

- FOOD** (Sandwich, Apple)
- EXERCISE** (Soccer ball, Sneakers)
- INSULIN** (Insulin pen, vial)
- EXCITEMENT!** (Smiling star)



WHAT DO THE ARROWS MEAN?

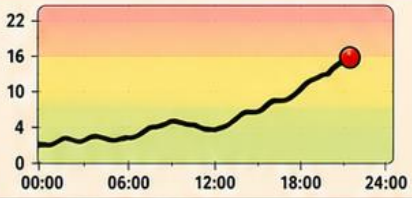


Arrow directions show where your glucose is headed **next!**

These arrows help you know what your glucose might do **next!**

 **RISING FAST**

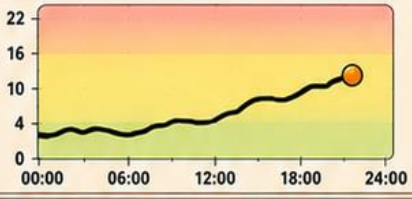
Your glucose is rising quickly – **5 mmol/L or more in 30 minutes.**



It's going up **very quickly!**

 **RISING**

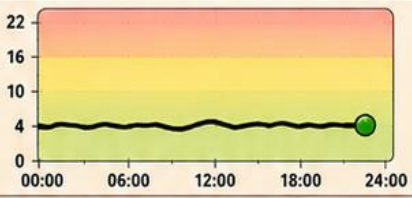
Your glucose is rising – **1–4.9 mmol/L in 30 minutes.**



It's going **up.**

 **STEADY**

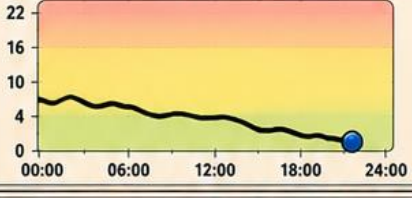
Your glucose is changing very little – **less than 1 mmol/L in 30 minutes.**



It's staying about the **same.**

 **FALLING**

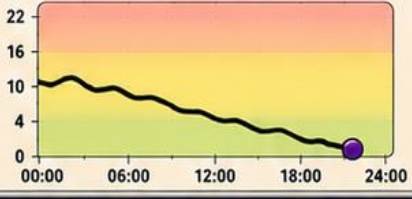
Your glucose is falling – **1–4.9 mmol/L in 30 minutes.**



It's going **down.**

 **FALLING FAST**

Your glucose is falling quickly – **5 mmol/L or more in 30 minutes.**



It's going down **very quickly!**



HOW TO USE THIS INFO:

- ★ Use the arrows with the number to make **smart** choices.
- ★ Consider what you have eaten, **activity** and insulin on board.
- ★ When in doubt, follow your diabetes team's **advice!**

Arrows + Numbers = More power for you!





CGM ALERTS!

Alerts help keep heroes safe!

Alerts are your CGM's way of getting your attention.

AHH! These alerts are loud... but important!



BEEP!

BEEP!

BEEP!



LOW ALERT

Your glucose is dropping below your low limit.

BEEP! BEEP!

Check your glucose and follow your plan.

HIGH ALERT

Your glucose is going above your high limit.

BEEP! BEEP!

Check your glucose and follow your plan.

URGENT LOW

Your glucose is very low – act straight away!

BEEP! BEEP! BEEP!

Treat low glucose immediately and tell an adult.

TIPS FOR ALERT SUCCESS

- ★ Keep your alerts ON.
- ★ Know your alert settings.
- ★ Check your CGM if you hear an alert.
- ★ Follow your diabetes team's plan.
- ★ Tell an adult if you need help.

You can customise your alerts with help from your diabetes team and your caregivers!



ALERTS ARE LOUD FOR A REASON – THEY HELP YOU STAY SAFE AND IN CONTROL!



CGM MYTH VS FACT!

Let's find out what's **TRUE** and what's **NOT!**

INSULIN CUBE



MYTH #1

A CGM is always perfect.



FACT #1

Finger checks are sometimes still needed.



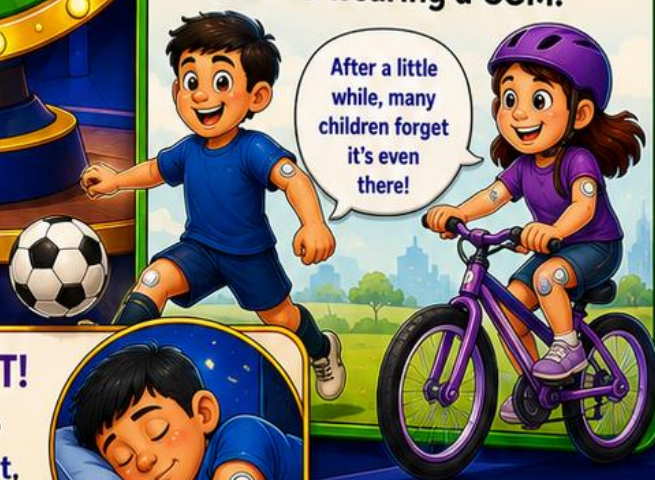
MYTH #2

CGMs hurt all the time.



FACT #2

Most children quickly get used to wearing a CGM.



KING CARB'S FACT!

CGMs help show glucose trends all day and night, even while you're sleeping.



CGM HERO CHALLENGE!

Every hero learns something **new** every day!

★ THIS WEEK, I WILL... ★



I looked at my graph.



I learned what arrows mean.



I listened to an alert.



I asked a question.



I learned something new.



**YOU'RE IN CONTROL!
YOU'RE A HERO!**

MY CGM SUPERPOWER THIS WEEK:



★ MY HERO PROGRESS! ★



1 CHALLENGE COMPLETE



3 CHALLENGES COMPLETE



CGM SUPER HERO!



HERO TIP!

Keep learning, keep asking, keep checking in - you've got this, hero!

WELL DONE!

YOU'RE AMAZING!