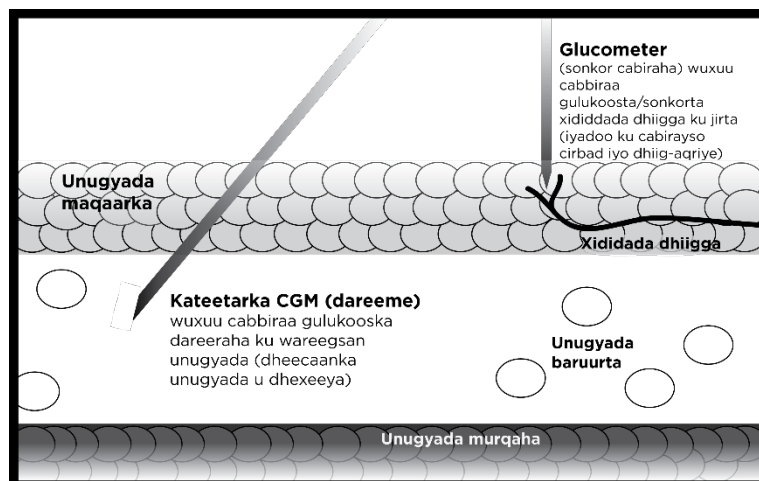


# Kormeeridda Gulukoosta ee Joogtada ah (CGM)

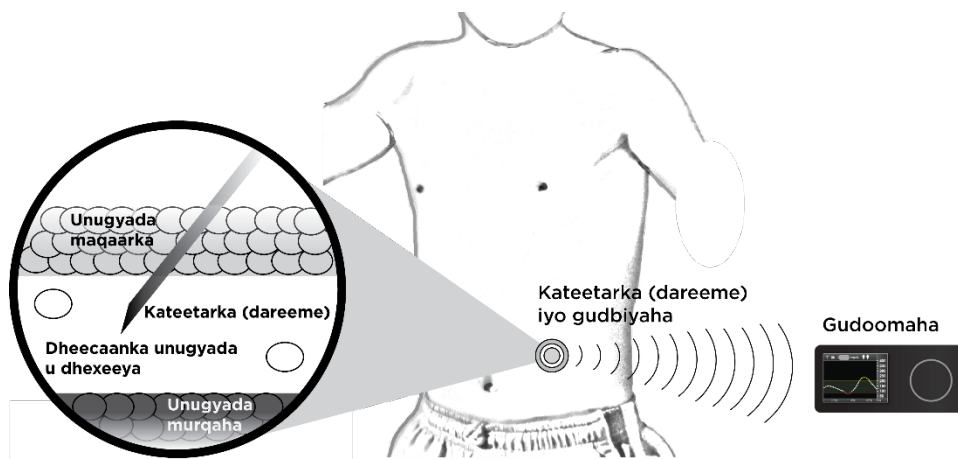
Macluumaadka ku saabsan aaladaha hadda suuqa yaalla iyo sida ay u shaqeeyaan

## Waa maxay CGM?

Kormeeridda gulukoosta ee joogtada ah (CGM) waa qalab elektaroonik ah oo yar oo jirka lagu xirto si loogu cabbiro heerarka gulukoosta si joogto ah. Si ka duwan glucometer (sonkor cabiraha), kaas oo cabbira gulukoosta dhiiggaaga, CGM-ku wuxuu cabbiraa heerka gulukooska ee dareeraha ku wareegsan unugyada, oo loo yaqaano dareeraha unugyada u dhaxeeyo.



Habdhisiga CGM waxaa uu ka kooban yahay dareeme (ku jira maqaarka hoostiisa) iyo gudbiye, oo lagu daray qaate gooni ah oo lagu xirto korka jirka. Farriimaha iyo xogta waxaa laguugu soo diri karaa abka talefanka. Mararka qaarkood nidaamka waxaa ku jira bamka insulinta, sidoo kale.



### Si Aad Wax Badan u Ogaato

- Barashada qanjirada marinka la' iyo hormoonada  
206-987-2640
- Waydii bixiyaha daryeelka caafimaadka ilmahaaga
- [seattlechildrens.org](http://seattlechildrens.org)

### Adeegyada Turjumaadda ee Bilaashka ah

- Marka aad joogtid isbitaalka gudbihiisa, ka codso kalkaaliyahaaga.
- Marka aad joogto dibadda isbitaalka, soo wac Khadka Turjumaadda Qoyska ee Bilaashka ah, adigoo adeegsanaya lambarka, 1-866-583-1527. U sheeg turjumaanka magaca ama faraca aad u baahan tahay.

### Sidee ayuu u shaqeeyaa?

Dareeme yar oo la tuuri karo ayaa la galiyaa maqaarka hoostiisa iyadoo uu sido irbad yar waxaana lagu dhejiyaa gudbiye yar. Gudbiyuhu waxaa uu u soo diraa macluumaadka gulukoosta iyada oo uu soo marinayo mawjadaha raadiyaha soona marinayo guddoomaha gacanta bilaa fiilada ah iyo taleefanka gacanta ee casriga ah ama bamka insulinta. Dareemuhu wuxuu akhriyaa heerka gulukooska 5tii daqiiqoba mar. Waxaad saaraysaa dareemayaasha oo waxaad ku beddeshaa mid cusub qiyaastii hal mar toddobaadkii.

### Muxuu ubadkayga u tari karaa kormeeraha gulukoosta joogtada ah?

---

#### CGM waxay:

- Bixisaa akhrinta gulukoosta ee "isla goortaa ah" oo joogto ah
- Si degdeg ah u bixisaa jawaab-celin ku saabsan sida dookha cuntada, dhaqdhaqaaqa jirka, walbahaarka, iwm., u saameeyaan qiimaha gulukoosta
- Leedahay alaarmi kuu sheego marka heerka gulukooskaaga uu sareeyo iyo marka uu hooseeyo
- Hagaajisaa xakamaynta habeenkii
- Ku siisaa awood aad ku aqoonsato kicidda gulukooska dhiigga (helitaanka joogtada ah ee xogtu waxay horseeddaa qiyaas insulin oo joogto ahaata.)
- Hagaajinta maaraynta gulukoosta marka aad jiran tahay

#### CGM ma:

- Sii insuliinta
- Beddesho dhammaan baaridda gulukoosta dhiigga.
- Waxaa laga yaabaa in ilmahaagu u baahdo inuu eego gulukoosta dhiiggiisa wakhtiyada qaarkood:
  - Si loo xaqiijiyo heerarka gulukoosta sare ama hooseeya
  - Marka aan la xirnayn qalabka CGM sabab kasta ha ahaatee
  - Marka cabbirro loo yeelayo aaladda CGM (eeg macluumaadka ku saabsan habaynta ee hoose)
  - Kahor intaadan wadin

### CGM waxaa laga yaabaa inay u baahato cabbir toosin

Qalab kasta oo CGM ah ayaa laga yaabaa inuu u baahdo cabbir toosin si loo hubiyo inuu si sax ah wax u raadraacayo. Cabbir toosinta macneheedu waxaa weeye gelitaanka heerarka gulukoosta dhiigga ee gacanta lagu qaado gudaha qalabka CGM. Inta jeer ee loo baahan yahay inaad sameyso cabbir toosinta maalin kasta waxay ku xirantahay aaladda CGM. Caadooyinka cabbir toosinta wanaagsan ayaa lama huraan ah si loo hubiyo in CGM ay si habboon u shaqayn doonto.

### Sideen ku ogaan karaa in CGM ay ku habboon tahay ilmahayga?

CGM waxaa laga yaabaa inay ku caawin doonto haddii ilmahaagu:

- Leeyahay heer hoose ee gulukooska dhiigga ah oo joogto ah (hypoglycemia), gaar ahaan xilliga hurdada
- Uu leeyahay kala duwanaansho gulukooska dhiigga ee sarreeyo (ay aad u kala badna yihiin heerarka gulukooska dhiigga)
- Uusan ogayn marka gulukoosta dhiiggoodu hoos u dhacayo
- Uu danaynayo barashada sida jimicsiga, cuntada, iyo korriinka ay u saameeyaan heerarka gulukoosta dhiigga
- Uu danaynayo in uu wax badan ka barto sida loo sameeyo hagaajinta qiyaasta insulinta

### Caqabadaha suurtagalka ah ee CGM

- Ilmahaagu wuxuu u baahan yahay inuu xirto qalabka mar kasta. Cilmi baaris ayaa muujisay in kuwa u xirtaan ugu yaraan 6 maalmood usbuucii si joogto ah ay ka helaan faa'iidada ugu badan. (Si kastaba ha ahaatee, isticmaalka joogtada ah ayaa sidoo kale caawin kara xaaladaha qaarkood.)
- Waxaa laga yaabaa inay jirto la socodka kororka gulukoosta dhiigga ee faraha laga qaado, gaar ahaan marka ugu horreysa ee la bilaabayo.
- Waxaa laga yaabaa inaad dareento in macluumaadku (xogta) batay: in la arko tiradan macluumaadka gulukoosta qaar ayay culays ku noqon kartaa.
- Mararka qaarkood dareemaha ayaa laga yaabaa inuu xumaado, uu sababo infekshan ku dhaca goobta la geliyo ama uu sababo cuncun maqaarka oo ka yimaada koollada lagula dhajiyay.

### Waa maxay aaladaha CGM ee la heli karo?

Fadlan waydii adeeg bixiyahaaga ama kalkaalisada buug-xogeedka shirkadeed ee gaarka ah oo booqo mareegahan si aad macluumaad dheeraad ah u hesho.

#### Dexcom

[dexcom.com](http://dexcom.com)  
1-877-339-2664

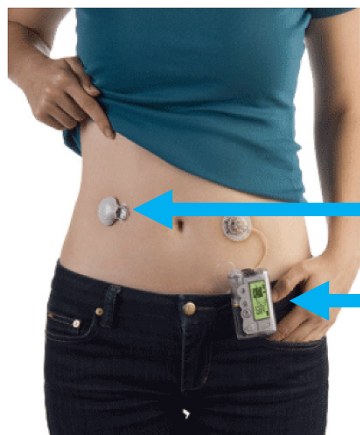
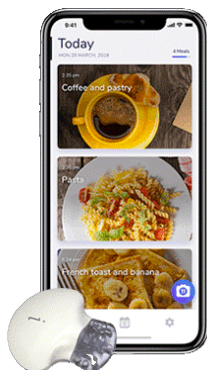


Dhareemo iyo gudbiye  
Gudooma fiilo laawe ah

#### Medtronic MiniMed

[medtronicdiabetes.com](http://medtronicdiabetes.com)  
1-800-646-4633

Abka taleefanka gacanta iyo dareemaha



Dhareemo iyo gudbiye

Gudoomaha iyo bambeeyaha insuliinta

Libre

freestyle.abbott

1-855-632-8658



**Maxaan sameeyaa haddii aniga iyo ilmahaygu aanu danaynayno CGM?**

La hadal bixiyaha daryeelka caafimaadkaaga sonkorowga.

**Qiimaha**

Qiimaha qalabka CGM waxaa go'aamiya qorshahaaga caymiska iyo shirkadda CGM. La xiriiir shirkadda aad dooratay si aad u hesho macluumaadka ku saabsan qiimaha iyo caawimaadda caymiska.

Seattle Children's waxay bixiyaan adeegyo turjumaan oo loogu talagalay bukaanada, xubnaha qoyska iyo wakiilada sharciga ah ee Dhagoolada, dadka maqalku ku adag yahay ama aan Ingiriisida ku hadalin taasoo bilaash ah. Seattle Children's waxay macluumaadkan kuugu diyaarin doonaan qaabab kale markii aad codsato. Ka wac Xarunta Dhigaalada Qoyska lambarka 206-987-2201. Buug-yarahan waxaa dib u eegay shaqaalaha caafimaadka ee Seattle Children's. Hase yeeshee, baahiyaha ilmahaagu waa kuwo gooni ah. Ka hor inta aadan tallaabo qaadin ama aadan isku hallayn macluumaadkan, fadlan la hadal bixiyaha daryeelka caafimaadka ilmahaaga.

© 2023 Seattle Children's, Seattle, Washington. Xuquuqaha dhan wey dhawrsan yihiin.

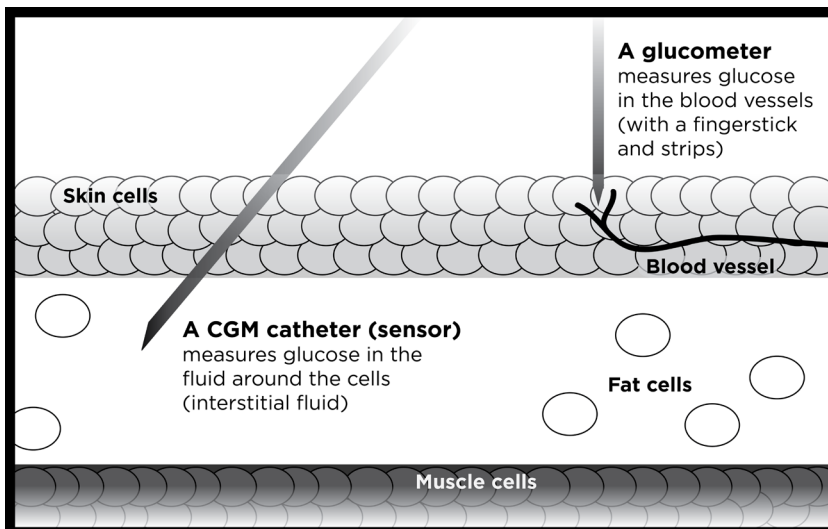
6/22  
PE1232SO

# Continuous Glucose Monitoring (CGM)

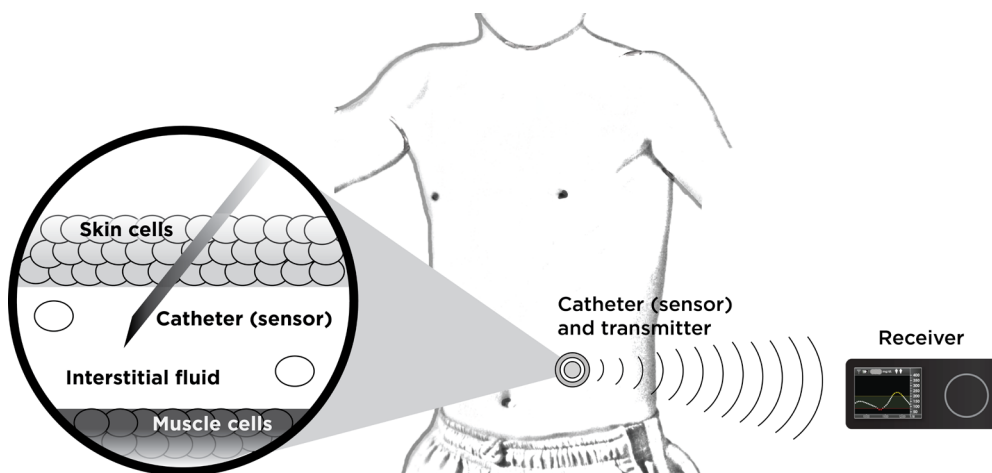
Information about devices currently on the market and how they work

## What is CGM?

A continuous glucose monitor (CGM) is a small electronic device worn on the body to measure glucose levels on a continued basis. Unlike a glucometer, which measures glucose in your blood, the CGM measures the glucose level in the fluid around the cells, called interstitial fluid.



A CGM system contains a sensor (under the skin) and transmitter, plus a separate receiver worn outside the body. Messages and data can be sent to you via a phone app. Sometimes the system includes an insulin pump, too.



## To Learn More

- Endocrinology  
206-987-2640
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

## Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

### How does it work?

A tiny disposable sensor is placed under the skin with a small needle and attached to a small transmitter. The transmitter sends glucose information via radio frequency to a wireless handheld receiver and smartphone or insulin pump. The sensor reads the glucose values every 5 minutes. You remove the sensor and replace it with a new one about once a week.

---

### What can a continuous glucose monitor do for my child?

---

#### CGM does:

- Provide continuous “real time” interstitial glucose readings
  - Give immediate feedback on how food choices, physical activity, stress, etc., affect your glucose values
  - Have alarms to alert you of high glucose and low glucose levels
  - Improve overnight control
  - Give you the ability to recognize spikes in blood glucose (continuous access to data leads to more frequent insulin dosing.)
  - Improve management of glucose when you are sick
- 

#### CGM does not:

- Give insulin
  - Replace all blood glucose checks.
  - Your child may need to check their blood glucose at certain times:
    - To confirm high or low glucose values
    - When not wearing the CGM device for whatever reason
    - When calibrating the CGM device (see information on calibration below)
    - Before driving
- 

### CGM may require calibration

Each CGM device may require calibration to make sure it's tracking accurately. Calibration means entering a fingerstick blood glucose value into the CGM device. The number of required times you will need to do calibrations each day depends on the CGM device. Good calibration habits are essential to assure that the CGM will work properly.

---

### How do I know if CGM is right for my child?

CGM may be most helpful if your child:

- Has frequent low blood glucose (hypoglycemia), particularly during sleep
- Experiences large blood glucose variability (has lots of large dips in their glucose highs and lows)
- Is not aware when their blood glucose gets low
- Is interested in learning how things like exercise, food, and growth impact blood glucose levels
- Is interested in learning more about how to make insulin dose adjustments

### Potential challenges with CGM

- Your child needs to wear the device all the time. Research shows that those who wear it at least 6 days per week consistently get the most benefit. (However, intermittent use can also be helpful in some cases.)
- There may be more fingerstick blood glucose monitoring, especially when first starting.
- You may feel information (data) overload: seeing this amount of glucose information can be overwhelming to some.
- Occasionally the sensor may malfunction, lead to insertion site infections or cause skin irritation from the adhesive.

### What CGM devices are available?

Please ask your provider or nurse for company-specific brochures and visit these websites for more information.

#### Dexcom

[dexcom.com](http://dexcom.com)  
1-877-339-2664



#### Medtronic MiniMed

[medtronicdiabetes.com](http://medtronicdiabetes.com)  
1-800-646-4633



Libre

[freestyle.abbott](https://freestyle.abbott)

1-855-632-8658



© Abbott Corporation. All rights reserved. Abbott Park, IL USA

---

**What should I do if my child and I are interested in CGM?**

Have a conversation with your diabetes healthcare provider.

---

**Cost**

The cost of the CGM device is determined by your insurance plan and CGM company. Contact your chosen company for information on pricing and assistance with insurance coverage.