

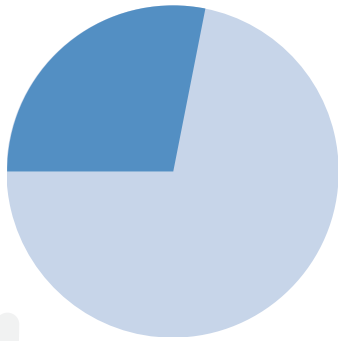
# Diabetes Patients Are Being Denied Life-Changing Technology

New research shows there is shockingly low awareness of continuous glucose monitoring (CGM) among people with Type 1 diabetes, despite undisputed evidence CGM increases time in target glucose range, decreases hypoglycemia and improves overall quality of life for people with diabetes. With more than 1.25 million people in the United States diagnosed with Type 1 diabetes, it is critical healthcare providers prioritize improving education and awareness for CGM and other innovative diabetes management technologies available to patients.



34%

KNOW NOTHING OR LITTLE ABOUT CGM



54%

DO NOT KNOW CGM HAS ELIMINATED FINGERPRICKS

>80%

STILL PRICK THEIR FINGER MORE THAN 3 TIMES PER DAY

"A DATE IS THE MOST AWKWARD PLACE I HAVE PRICKED MY FINGER."

1 in 4



31%

SAID THEIR DOCTOR SELDOM OR NEVER BRINGS UP NEW TECHNOLOGY

DID NOT START CGM UNTIL MORE THAN THREE YEARS AFTER DIAGNOSIS

79% of CGM users

## TOP 3 BENEFITS OF CGM

### ALERTS AND ALARMS

to proactively warn of dangerous highs & lows

79%

### CONTINUOUS GLUCOSE READINGS

sent automatically

59%

### NO FINGERPRICKS

for calibration or treatment decisions

50%

53%

OF CGM USERS ARE SATISFIED WITH THEIR HEALTH

VS

34%

OF NON-CGM USERS

96% OF CGM USERS WOULD RECOMMEND CGM





♡ 💬 📌

Zola and I received the @dexcom G6 last week and we are LOVING IT so far! The insertion was the EASY + PAINLESS. Zola did it by herself and like a champ! I'm talking, you press one single button and we could hardly feel a thing. This is a HUGE improvement from the insertion of the G4/G5 sensor. We made a little video for your guys showing how easy it is that we'll post soon. So far, the G6 is a winner over the G4/G5 and I forget that I even have it on because it's so much smaller.

The best part though? NO CALIBRATIONS! Which means no finger sticks! We used to have to calibrate the old one twice a day and for the BOTH of us. That was 4 extra blood checks a day on top of all the other times we tested. I hated putting on a new sensor on Zola (or myself) in the middle of the night and then having to set a dreaded 2 hour timer to wake up again to test twice to calibrate the Dexcom in order for it to start displaying numbers. Now we can put on a new sensor and after two hours, it's automatically running! We have spent so much less time testing blood sugar the last 5 days because of the G6! And the accuracy has been ON POINT!

We are working on a full review with pictures and videos that we'll share on the blog! Let us know if you have any questions and we'll do our best to answer or point you in the right direction! Or if you have questions about diabetes in general and just want to know more (maybe you have it, maybe you don't), we're always happy to help shed light on this often misunderstood disease.

We are heading to the @cwdiabetes Friends for Life conference tomorrow and we'll be rocking the #dexcomG6 if anyone wants to see the new setup! We're excited for a weekend with families who understand life without a working pancreas.

I could cry thinking about how far she has come since the day I first met her, just 20 pounds and 6 years old. She is the definition of resilient and an overcomer! Zola, your WARRIOR is showing!

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Traveling made easy by using the @dexcom not to mention it having Bluetooth connection with my Apple Watch is a major plus. I am very thankful for devices that monitor my #glucose without the prick.

With all the yummy food I was trying it was easy to monitor my levels and also enjoy myself †

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# HOW CGM IS CHANGING LIVES



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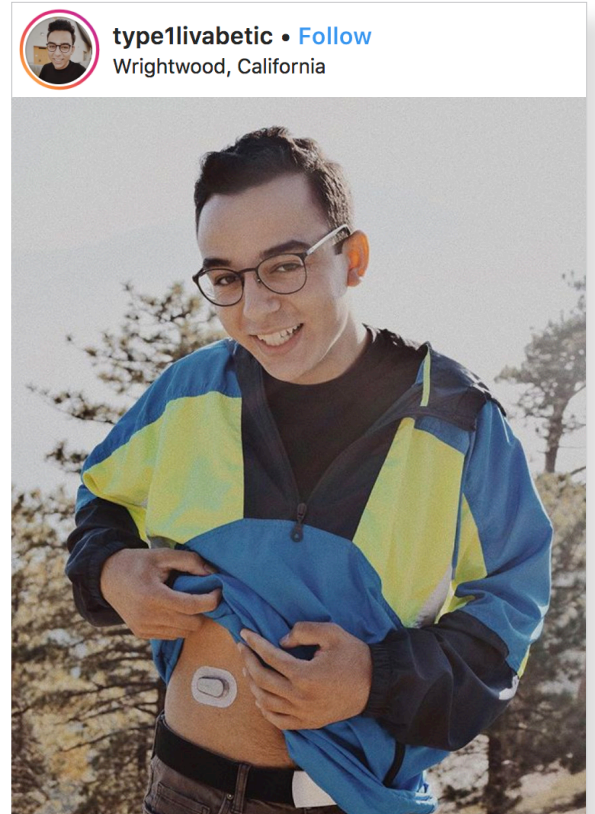
Seven years after being diagnosed with type one diabetes, I finally feel like I want to celebrate my less-than-functional pancreas.

While I've always believed that I didn't let diabetes hold me back, this year has been about truly pushing the limits of what a person can do, regardless of how they get their insulin. From sailing with @sea\_semester in the fall and tackling a thru-hike of all 2,189 miles of the Appalachian Trail, I've definitely put my physical abilities to the test.

But what makes this year truly worth celebrating are the connections I've been making with others in the T1D community - writing for @collegediabetes and @thetrek.co about adventuring with type one, as well as getting involved with @jdrfneylc and all of the work they do. I'm also beyond honored to be partnering with @dexcom as part of their Warrior Project - not only is everyone I've worked with wonderfully supportive, their CGM makes so much of what I do possible. #warriorup!

So here's to living life to the fullest, and celebrating the highs and the lows (blood sugars, I'm lookin' at you) that have brought me to where I am. Just gotta hope that 'where I am' stays this incredible!

#cheesiestpostever  
 #seriouslythankgodcheeseisn'tacarb #diabetes  
 #t1d #diabadass #typeoneddiabetes #t1dlookslikeme  
 #typeoneddiabetic #thruhiker #nobo2018 #diabetichiker  
 #dragonstooth #appalachiantrail #appalachiantrials  
 #dexcom #stilllovinthecoffeeshots #diaversary  
 #sponsored



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I have been so beyond thrilled the last few days to be wearing the Dexcom G6! It is so amazing, the level of accuracy and convenience it provides is something else. I cannot get over how painless the insertion is. All I felt was a puff of air hitting my skin, THAT'S IT! This new device requires 0 fingersticks, which means your fingers can finally have a break from getting pricked. As I am still getting used to this device, I have been checking my blood sugars manually as well just to test the level of accuracy and I am continually impressed by how spot on it is! Also, the wear time for the device is now at 10 days, allowing you to have longer access to knowing what your blood sugars are when wearing your CGM. I highly recommend it to anybody who may be interested, and for all the T1D parents out there, the insertion will be so easy for your child, they won't even mind it.

Thank you so much, @dexcom, for gifting me with this device and allowing me to live my life the way I should!  
 #DexcomG6

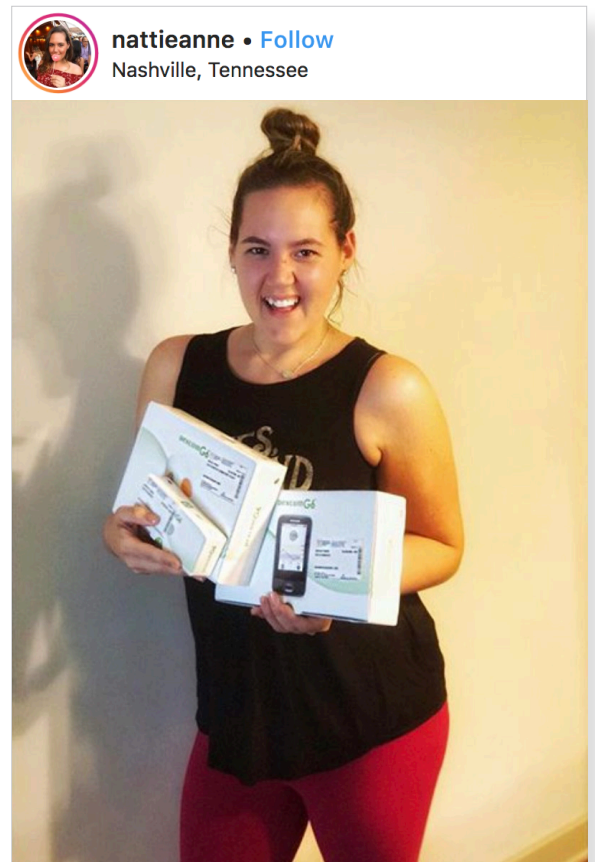
#T1D #CureDiabetes #JDRF #LetsEndTypeOne  
 #MakeItTypeNone #TypeOne #TypeNone  
 #T1DLooksLikeMe #BeyondType1 #LiveBeyond  
 #TheDropSpotted #DiabetesAwareness  
 #DailyDoseOfDave #PositiveVibes #Lyfebulb  
 #LyfebulbAmbassador #sponsored



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So I was late on this, but over the last few months my blood glucose control has been outstanding thanks to the combination of the Dexcom G6 and the Apple iWatch. Whether it's working out or rounding in the hospital, being able to quickly check my wrist and make insulin pump adjustments one the fly has been a total game changer. Highly recommend for tighter control! (And get your friends in line too @jayyy\_jermaine)†

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I am SO excited about my new glucose monitoring device also known as a CGM! I just got my Dexcom G6 and I'm already loving the benefits of having constant data This diabetic journey is challenging trying to calculate, carb count and figure out insulin dosing. But this will make life so much easier! Biggest upside?! No more finger sticks! Gosh this is pure excitement!

#T1D #diabetes #diabadass #t1dlookslikeme  
 #Godsplan #positivity #naturallysweet #LADA

#autoimmunedisease #choosehappy #dexcomg6  
 #glucosemonitoring #sponsored

† Mobile phone connection required to display CGM on watch.