



## Flash Glucose Monitors

### Alex Bickerton – Consultant in Diabetes and Endocrinology

So, the treatment of type one diabetes has changed over the years and although a lot of the principles are similar, we now have more tools than we've ever had before to manage type one diabetes. We've had increasing accuracy and number of devices for assessing what your blood sugar is.

So, everyone is aware of the traditional finger prick test but nowadays we also have things called flash monitors which allow you to monitor your blood sugar using a phone or a handset just swiping that over a sensor that you keep in for a couple of weeks. So again, giving you a lot of information and then moving on to even more advanced technology, there are glucose sensors that you can have on you most of the time, which not only tell you what your blood sugar is doing, but also tell you when your blood sugar goes low.

### Lil Lintern – Type 1 Patient

So, my Libre has been a game changer. So, I've had it for about 18 months now and before I was checking, I was very, kind of, conscientious about checking. I was probably checking about 10 times a day, getting quite sore and that's not including when I was driving as well. So, I was using it a lot.

Now I've got the Libre. It's just.. because I can see what's happening when you look at the charts, I use mine on my phone as well, so I don't have to carry lots of things in my pockets when I'm at work. So, when I can see the patterns that's going on, I can change my basal rates really easily whereas I couldn't do that before. And I find that I'm scanning all the time because when you're doing different things, it's hard to do the finger prick tests, especially if you're at work. So, it has made a huge difference to my blood sugars.

### Chris Batchelor – Type 1 Patient

I was a bit sceptical about it given the cost, something like £48 for 2 weeks, for a 2 week course. I thought, I'm not sure about this. Having used it for about a month I was absolutely sold on it. At the moment, I get it on prescription, but if I lost that, I think I'd somehow rather, I'd still go and buy it every month. It's brilliant.

### Sue Batchelor – Type 1 Patient

I am a bit of a technophobe. I'm not great with new technology and I think I was slightly daunted with the thought of the Libre when I first heard about it but having used it for about three days, I'm completely sold on it and you don't have to be technically minded to use it. It's the simplest thing to use.

My daughter has just started me running. We started last week and I take my Libre in my hand as I run down the road and I can zap it as I'm running. So, it gives me much more confidence and also it stops me loading up with glucose just in case I have a hypo so I don't have to do that.



## **Chris Batchelor – Type 1 Patient**

And the other thing about it is that makes a huge difference as you have these arrows behind the figure to show whether it's rising sharply, rising gently, flat, or going down. And we were told that for driving, you should have a blood sugar of five. Now I can think of circumstances when it's been 5.1, 5.2 as I'm getting into the car. If it's going up, I think, right, that's okay. I can drive. If it's going down sharply or even floating down, I say, well, right, I ought to have something sweet. But you can tell where it's going and that is a huge benefit.

## **Lil Lintern – Type 1 Patient**

Before I had the Libre, I hadn't realized I was having hypos through the night, which was quite interesting because I'd wake up tired and exhausted and not know why. And then once the Libre came in and I was looking at that and just to see what happened, it would go down into the twos and I'd had no idea that it was happening. So that was really helpful for my awareness.

## **Rizwana Ali – Type 1 Patient**

We've been on a holiday just family holidays and also just recently, I've been to pilgrimage.

I walked everywhere and that was amazing because every so often a half an hour, I used to just do the free freestyle Libre and I knew whether I have to eat or whether I do want to give my insulin and everything. So that made me really, really ease off.

## **Chris Batchelor – Type 1 Patient**

The sensor lasts for two weeks. I apply it on my upper arm, usually on the back. There are issues you have to be very careful of. If you put it on the side and you brush a doorway, I've done it carrying something heavy, you can knock them off. Once they're in place and working though, you just don't know they're there. I go swimming with it and it has no effect at all.

