



The role of CGM in today's clinical diabetes management

Kun-Ho Yoon

Department of Endocrinology & metabolism, The Catholic University of Korea, College of Medicine, Seoul, Korea

Diabetes epidemic overwhelm all over the world and Asia is epicenter of this epidemic. Current report clearly show not only the number of diabetic patients has been increasing also the prevalence of chronic diabetes complications including chronic renal failure, blindness, extremities amputations, stroke and ischemic heart diseases has been exponentially increased. To prevent diabetic chronic complications, control of glycemic levels within ideal range in terms of HbA1c below 6.5 or 7% has been strongly recommended. However recent large scaled cardiovascular disease intervention studies including VADT, ACCORD and ADVANCE clearly showed only achieve the target HbA1c was not enough to improve mortality and morbidity of diabetic patients. It's not completely clear yet, avoid peak and valley of blood glucose during daily life, in other words minimizing the glucose variability is also important target for the patients. For that, we have to monitor the blood glucose more frequently and have to do the appropriate tailing of the treatment regimen for individualized patients. Recent technologic innovation in the field of continuous glucose monitoring improve the accuracy of glucose measurement and also decrease the cost. Those innovation accelerate the impliment CGM technology in the clinical field. However many clinical studies have not showed remarkable improvement of patients outcomes. In this presentation, I will introduce recent results of CGM clinical studies for type 1 and type 2 diabetic patients and want to discuss with audience about the huddles of implimentation of CGM.