

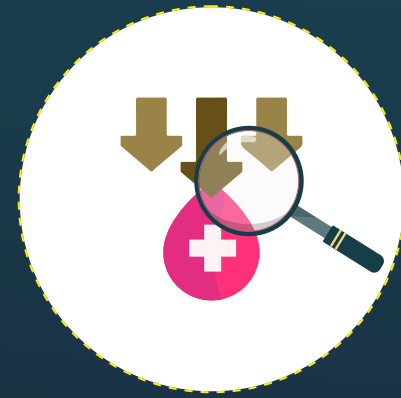
Optimizing Diabetes Management in Older Adults with Diabetes

Continuous glucose monitoring (CGM) is the preferred method for daily glucose measurement among individuals with diabetes



What are the barriers and benefits of CGM in older adults and how can its use be enhanced?

Current focus of CGM research



Diagnosing hypoglycemia risk



Improving glycemic outcomes



Improving quality of life

Considerations for CGM use

- ✓ Individualize usage
- ✓ Assess the benefits and challenges
- ✓ Determine glycemic goals
- ✓ Educate and train patients and caregivers

Choosing the right CGM



Consider patient abilities, comorbidities, and preferences



Recognize the importance of caregiver support



Educate them on remote monitoring

Benefits of CGM



- ✓ Improves glycemic control
- ✓ Reduces hypoglycemia
- ✓ Enhances overall patient safety and well-being

Challenges of CGM



- ⚠ Needs personalized recommendations
- ⚠ Multiple comorbidities pose individualized care challenges
- ⚠ Geriatric syndromes may impact the ability to use CGM

The use of CGMs in older adults with diabetes can offer significant benefits, provided that the choice is tailored to individual patient's needs