

## FAST FACTS

# Continuous glucose monitor

## CGM

### What

A continuous glucose monitor (CGM) is a small, discreet sensor that tracks glucose levels from your interstitial fluid in real time, providing an indication of the levels of glucose in the blood.

Because it sits semi-permanently in your arm, it can read glucose fluctuations continuously throughout the day, and send the insights to your phone or app.

**Blood glucose levels are a key metric of your metabolic health which has a significant impact on your overall health and vitality.**

### Why measure glucose?


As with many systems in your body, your blood glucose is constantly changing. Over time, poor blood glucose regulation can steer you towards pre-diabetes or diabetes. That comes with its own health implications.

It is also an excellent area to pay attention to when optimising your health. From the perspective of optimal metabolic health, we strategically use them for people without diabetes, and for those with whom we have no suspicion of diabetes.

By measuring ongoing blood glucose, we gain valuable insights into how an individual's body responds to different foods, exercise, sleep and stress. It's not only food that can play a role in your body's use and metabolism of glucose! Monitoring glucose levels using a CGM can help you make more informed decisions about lifestyle to optimise overall health.

### Shop

We recommend Vively. Ask us to about how to access.

 Have a Vively? Click [here](#) to see the Set Up Guide.



### Pros

- Learn about the impact, food, sleep and stress have on your blood glucose
- Use your learnings to personalise food choices
- Motivation to improve lifestyle habits
- Ideal for tracking metabolic health and preventing insulin resistance
- Supports weight management, fatigue reduction, and disease risk management

### Considerations

Before choosing to track this sort of health data, please consider:

- Will having this information make you anxious?
- Will you become obsessive and develop an unhealthy relationship with the data, food (specifically carbs - a nutritionally important macronutrient) or otherwise healthful behaviours?
- Be clear about your health goals and what you hope to achieve by recruiting this data. If you are conscious that you might develop an unhealthy relationship with food, please get advice from your clinical team about the best way to approach this.