



**BANISTER
NUTRITION LLC**
CHANGING HABITS
CHANGING HEALTH
CHANGING LIVES

Nutrition Notes February 2018

A few interesting dates along the timeline of diabetes treatment and care—1921 insulin discovered; 1922 insulin first injected; 1950s reagent tablet dropped into test tube with a few drops of urine, the resulting color indicated the amount of sugar in the urine; 1956 stick tests began with “Clinistix”; 1957 hypoglycemic agents arrived; 1976 discovery that led to creation of glycated hemoglobin A1c test; 1981 home glucose monitors used by patients; 1999 continuous glucose monitor (Medtronic minimed CGM) available for use by the healthcare team; December 2017 continuous home glucose monitor available for use by patients that requires no finger sticks.

- **Continuous Glucose Monitors (CGM):** Abbott Freestyle Libre CGM monitoring system is now available for patients to use and requires NO fingersticks. This new monitoring system consists of a tiny insertable sensor and a patch about the size of a quarter worn on the arm for 10 days, checks and records glucose data every 15 min. The wearer can scan the patch with a reader as frequently as desired to see his/her current glucose reading, 8 hours of historical data or future trends. Banister Nutrition has been working with patients wearing CGM’s Medtronic iPRO and Dexcom for 15 years doing pattern management and problem solving. CGMs are the way of the future and are great devices to improve blood glucose management if the patient and diabetes educator take full advantage of everything that can be learned from this new technology.
- **New Criteria for Diabetes Management:** *“I personally am so excited to see acknowledgement of the fact that a good A1c does not mean good blood glucose control—YES, finally this fact in print! What we know is enough highs balanced with lows can produce a nice looking A1c. I have been working with patients for at least 15 years wearing CGMs, and our discussions have always revolved around how many hours each day are WNL and how many hypoglycemic episodes are being experienced.”—cb* The advent of CGMs brings new criteria to measure glucose outcomes. The new outcome measures include 3 hypoglycemia levels: 2 hyperglycemia levels and the % of readings WNL per unit of time. The “time in range” correlates with quality of life more accurately than A1c levels, plus it can be measured continuously vs. every 3 mos. Fabulous advances for the individual with diabetes and for those of us on your healthcare team. We at Banister Nutrition can see more, learn more and provide the patient with more tailored guidance to lower their BGV. It’s an exciting time in the field of diabetes management.

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