

Continuous Blood Sugar Monitor - Tracking Your Blood Sugar Level Without Blood

Continuous glucose monitoring (CGM) devices can help you control Type 1 or Type 2 diabetes with fewer fingerstick tests. A sensor just under your skin measures the levels of your glucose all day long. A transmitter sends results to a wearable device or cell phone. It takes time to master how to use CGM, but it can aid you in managing your health.

What is Continuous glucose monitoring (CGM)?

Continuous glucose monitoring is a wearable device that makes it easier to track the levels of your blood sugar in time. Blood sugar is a different term to describe blood glucose.

What exactly does CGM determine?

CGM is a tool used by those suffering from diabetes. The device monitors glucose all day long when you wear it.

Insulin is a hormone which helps your body regulate blood sugar levels. If you have Type 1 diabetes, your body doesn't produce enough (or any) of the hormone insulin. When you have Type 2 diabetes, your body makes insulin but doesn't use it effectively. At MyPainPro.com, you can find blood sugar monitor without finger pricks.

Diabetes sufferers must give themselves insulin regularly to ensure that blood sugar levels remain at a constant level.

Why do people suffering from diabetes require a record of blood sugar levels?

Monitoring blood glucose levels can tell you how much insulin your body requires and at what time. Your body could be damaged if blood sugar levels fluctuate a significant amount. If not dealt with promptly the blood sugar levels that are very high (hyperglycemia) or even low (hypoglycemia) could create serious health problems and may even lead to death.

Your blood glucose levels can be affected by many aspects, such as the food that you consume as well as the way in which you live. Diabetes affects everyone in a different way. Different foods or activities can have different effects on the levels of glucose.

Unpredictability is also a possibility for your body. At times, your body can react in a way that even health professionals don't know. These triggers can make managing diabetes challenging, even when you think you're doing everything right.

Can I use CGM to manage my diabetes?

You can check regularly your [blood glucose](#) levels using the fingerstick test for blood as well as a monitor for your blood glucose. Many people do.

Fingerstick tests only determine blood glucose at the time of. It's like reading one page from the book. By performing more fingerstick checks, you give you more pictures that can provide clues about what's going on with your blood sugar levels.

Are continuous glucose monitoring devices simple to use?

CGM devices are complex little machines. CGM devices are complex little machines that require time to learn the technical aspects of them.

You will, for example be required to know how to:

Place the sensor in the correct way.

For certain CGM devices you can calibrate the device with glucose readings from a fingerstick.

Set device alarms.

Transfer your data to a computer (for long-term analysis) or to your mobile.

Respond to and make changes to your treatment plan based upon the obtained data.

Do I have to figure out how to use an CGM device by myself?

Understanding how the CGM device functions requires patience and perseverance. There isn't a lot to accomplish. Your provider will need to provide the CGM device (much like any medication).

When you've got a CGM, a qualified professional helps you learn how to use it safely. Your provider might recommend attending a class on diabetes education or have a one-on-one meeting with a certified diabetes educator (an expert in diabetes technology).