CGM First™

Dexcom®

The GOLD Study[1]

A second major study published in *JAMA* also shows Dexcom Continuous Glucose Monitoring (CGM) System* use benefits MDI patients.

In addition to the DIaMondD study, the GOLD study presents convincing evidence of glycemic improvements in patients on multiple daily injections (MDI) therapy and is the first major study to show improvements in key quality of life (QoL) measures.

A1C Reduction

Reduction of Time in Hypo- and Hyperglycemia

Improved Quality of Life

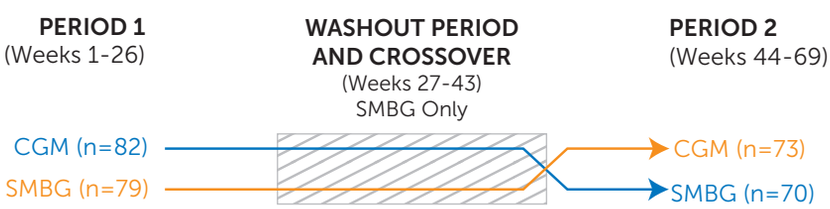
* Study used Dexcom G4 PLATINUM System.

Study Objective & Methods

Objective:
Evaluate impact of CGM use on A1C (primary endpoint) and other measures of glycemic control, as well as QoL in adults with type 1 diabetes on MDI insulin therapy:

- *A1C reduction*
- *Time in hypo-/hyperglycemia*
- *QoL improvements*

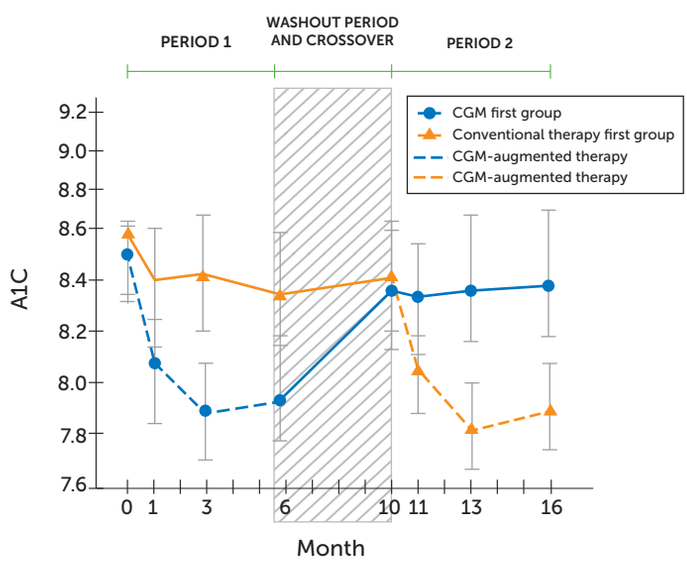
Research Design/Methods:
69-week crossover randomized clinical trial of 161 adult patients on MDI insulin therapy with type 1 diabetes (ages ≥ 18 years) split into Dexcom CGM use or self-monitoring of blood glucose (SMBG) groups; 17-week washout period with SMBG only for all participants; no A1C upper limit exclusion.



Results

A1C Reduction

Primary Outcome:
Study participants using CGM showed a mean **.43% A1C reduction** compared to SMBG [p-value < .001]. A reduction of .3% is considered a clinically meaningful improvement to reduce long-term complications from diabetes.[2]



The GOLD Study[1]

Improvements of Glycemic Outcomes (cont.)

Secondary A1C Outcome:
Three times as many patients on the Dexcom CGM-augmented therapy showed an average of a >1.0% A1C reduction compared to patients in the conventional therapy group.

3x
As many Dexcom CGM Users

>1.0%
A1C Reduction

Reduction of Time in Hypo- and Hyperglycemia

- *58% decrease of average time spent in hypoglycemia with Dexcom CGM use*
- *16% reduction of average time (50 mins/day) in hyperglycemia(>250 mg/dL or 13.9 mmol/L)*

80% Decrease
in severe hypoglycemia†

†Defined as requiring assistance from another person or resulting in unconsciousness

Improvements in Quality of Life

Greater Treatment Satisfaction and Overall Well-Being Reported with Dexcom CGM Use

- *Subjects showed a 13% improvement in treatment satisfaction when their MDI regimen was augmented by Dexcom CGM vs. standard care (SMBG) alone.*
- *Participants reported greater overall well-being while using a Dexcom CGM System vs. SMBG.*

13%
Improvement in treatment satisfaction when adding Dexcom CGM to MDI regimen

CGM First™

Recognized as the standard of care in diabetes management by ADA, AACE and the Endocrine Society[3-5], **CGM use has been proven to both reduce A1C and decrease risk of hypoglycemia regardless of delivery method.**[6,7] When initiating or adjusting insulin regimens for your patients, CGM provides real-time insights for better glycemic outcomes. Optimize your patients' diabetes treatment plans and recommend a Dexcom CGM System today.

For more information about adding CGM to your patient's diabetes treatment plan, visit **dexcom.com/global**

References
1 Lind M, Polonsky, W, Hirsch, I, et al. Continuous Glucose Monitoring vs Conventional Therapy for Glycemic Control in Adults With Type 1 Diabetes Treated With Multiple Daily Injections – The GOLD Randomized Clinical Trial. [published online January 24, 2017]. JAMA. 2 Lind M, Odén A, Fahlén M, Eliasson B. A systematic review of HbA1c variables used in the study of diabetic complications. Diabetes & Metabolic Syndrome: Clinical Research & Reviews. 2008;2(4):282-293. 3 American Diabetes Association. (2016). Glycemic Targets. Standards of Medical Care. Diabetes Care, S39-S40. 4 Fonseca V, Grunberger G, Anhalt H et al. CONTINUOUS GLUCOSE MONITORING: A CONSENSUS CONFERENCE OF THE AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS AND AMERICAN COLLEGE OF ENDOCRINOLOGY. Endocr Pract. 2016;22(8):1008-1021. 5 Peters A, Ahmann A, Battelino T et al. Diabetes Technology—Continuous Subcutaneous Insulin Infusion Therapy and Continuous Glucose Monitoring in Adults: An Endocrine Society Clinical Practice Guideline. The Journal of Clinical Endocrinology & Metabolism. 2016:jc.2016-2534. 6 Beck RW, Riddlesworth T, Ruedy K, et al. Effect of continuous glucose monitoring on glycemic control in adults with type 1 diabetes using insulin injections: The diamond randomized clinical trial. JAMA. 2017;317(4):371-378. doi:10.1001/jama.2016.19975. 7 Šoupal J, Petruželková L, Flekač M et al. Comparison of Different Treatment Modalities for Type 1 Diabetes, Including Sensor-Augmented Insulin Regimens, in 52 Weeks of Follow-Up: A COMISAIR Study. Diabetes Technology & Therapeutics. 2016;18(9):532-538.