Getting started with Freestyle Libre

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DTN UK
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Disclosures:

Speaker fees and advisory boards for:

Abbott, insulet, Novo Nordisk, Glooko-Diasend and Sanofi

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What is Libre measuring?

Glucose in the fluid under the skin (interstitial fluid)
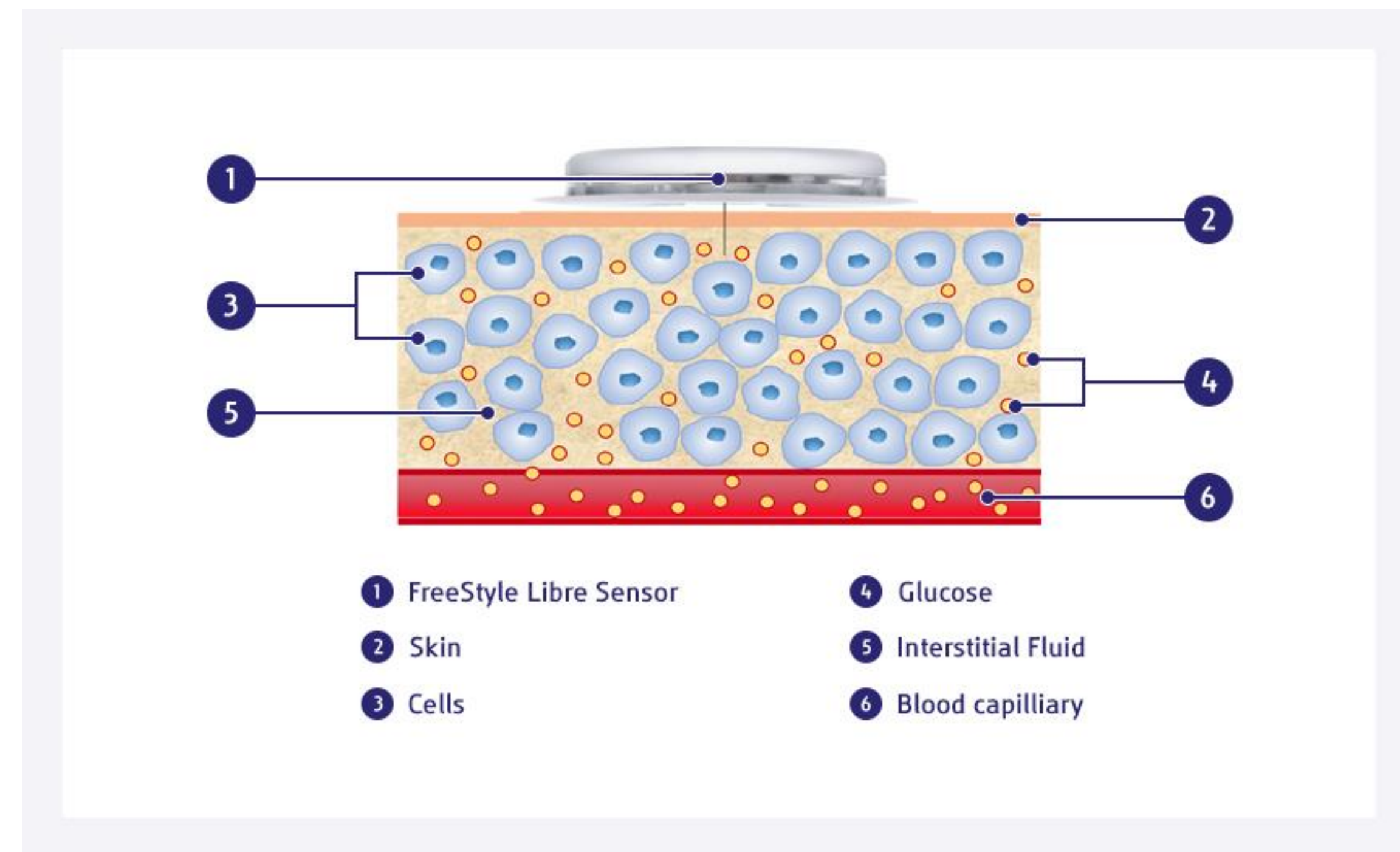
Accuracy can vary a little

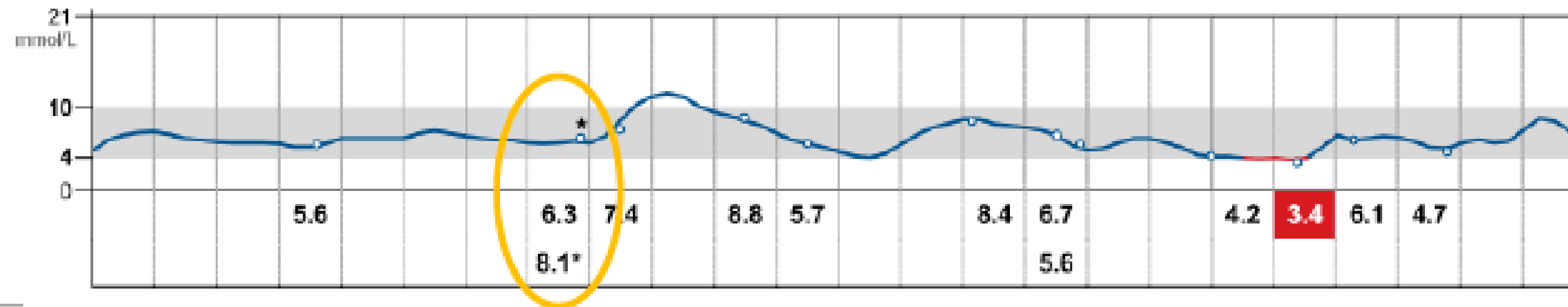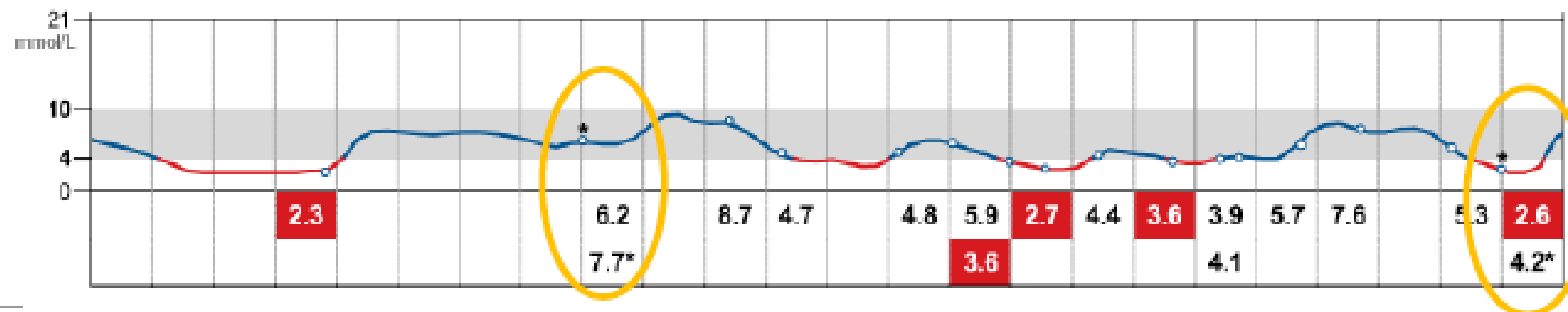## From sensor to sensor

Can check blood glucose (best when steady) if you think a sensor may be reading too high or too low
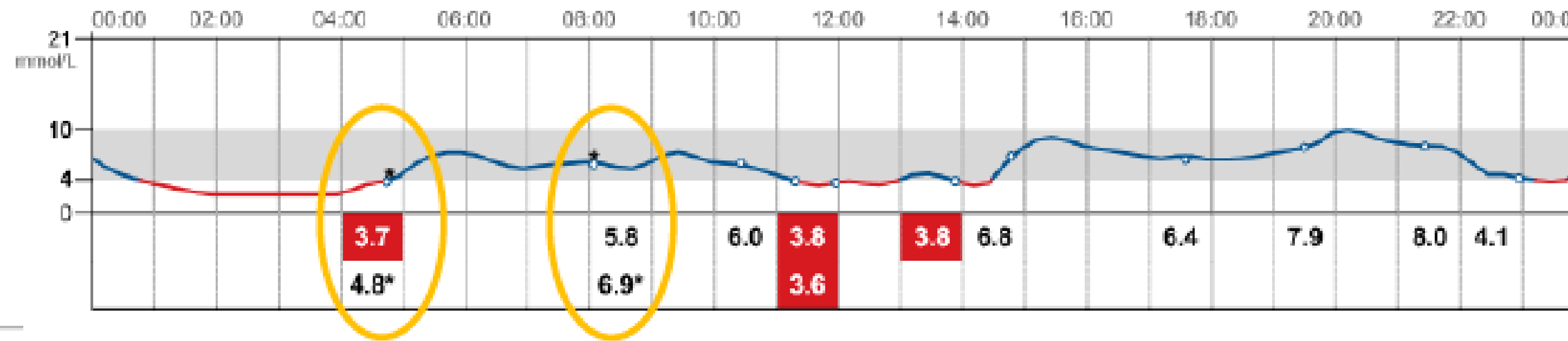
Sensor reading 1.1 to 1.8 too low in this example

• Capillary blood glucose measurement (meter)
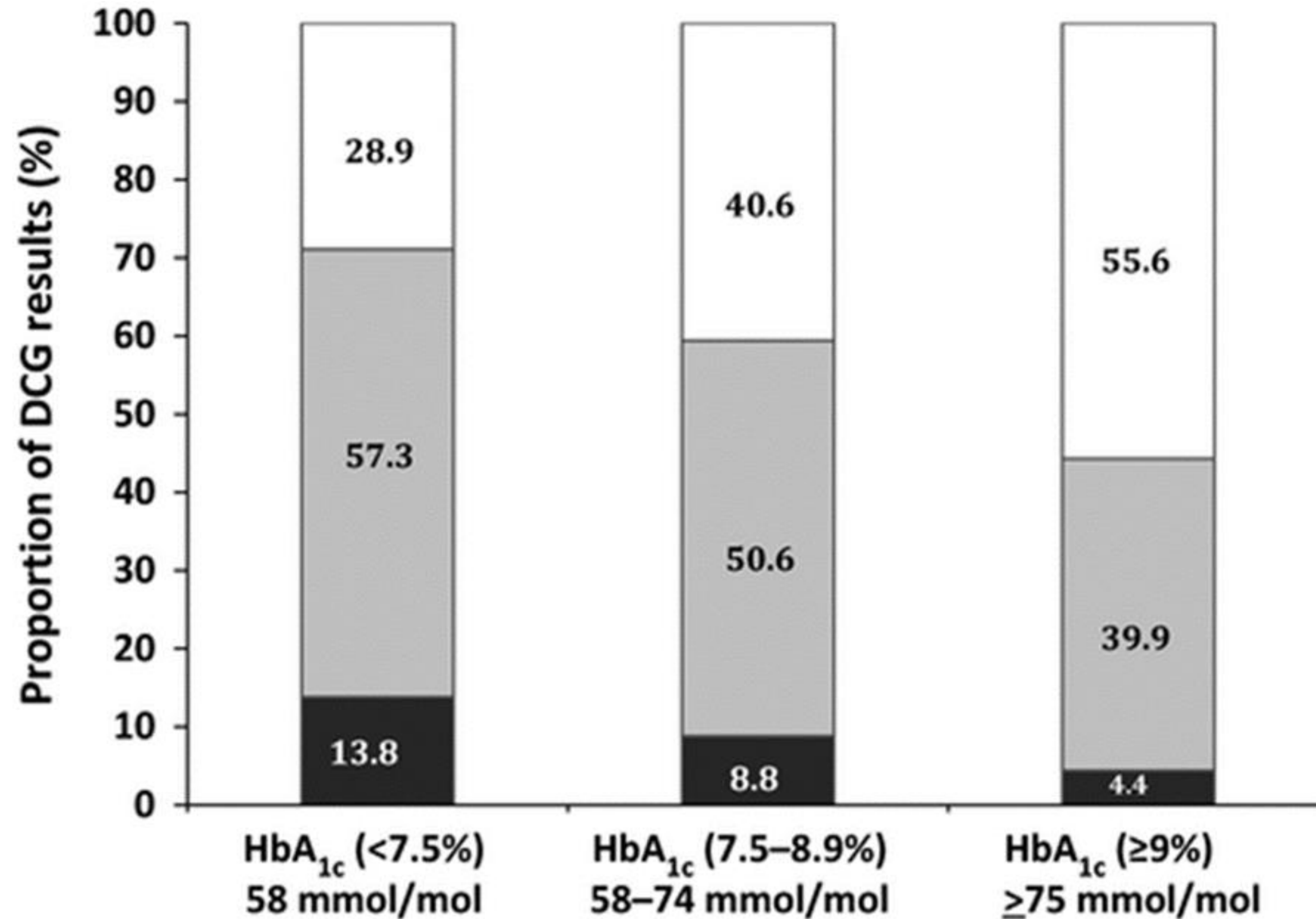
Time in Range

- Target range 4-10 mmol/l in most cases
- **Aim for:**
  - **> 60% time in range to achieve HbA1c < 58 mmol/mol (7.5%)**
  - **>70% time in range to achieve HbA1c < 53 mmol/mol (7.0%)**
- Consider different target range if special circumstances
- *eg* pregnancy: 4-8 mmol/l

Source: Sivasubramaniyam S et al. *Diabetic Medicine* 2017;34:1456–1460