

# Dexcom<sup>®</sup> SEVEN<sup>®</sup> PLUS CGM

## Fact Sheet

### Why CGM Is Important

Continuous glucose monitoring (CGM) is considered one of the most significant breakthroughs in diabetes management in the past 40 years<sup>1</sup>. While today's standard of care for diabetes is to measure glucose (blood sugar) levels with regular finger sticks, it only provides a snapshot for the specific moment in which it is done; it doesn't show whether glucose levels are going up or down – or how fast.

By contrast, CGM provides more of an in-motion picture that shows not only current glucose, but also the speed and direction in which it is moving, and immediately alerts the user to dangerous changes so they are protected while driving, sleeping or at other critical times.

Several devices have been developed for continuous glucose monitoring; only one—the Dexcom<sup>®</sup> SEVEN<sup>®</sup> PLUS CGM—has been approved by the FDA for up to seven days of wear.<sup>2</sup>

### Why CGM Is Revolutionary

- The Dexcom CGM gives a more complete picture, measuring glucose levels continually, allowing patients to see the speed and direction their blood glucose is going.
- The device also alerts the patient if his or her sugar level is going too high or too low, both of which can be potentially life-threatening events.
- Whether a patient uses insulin injections or an insulin pump, the Dexcom CGM can help detect hypoglycemia no matter how insulin is delivered.

### How Dexcom CGM Works

The Dexcom CGM can help provide the control and confidence that one needs to effectively manage glucose levels. The device consists of just three parts: a sensor, transmitter and monitor.

- The tiny sensor is inserted by the user just under the skin of the abdomen. The sensor is about the size of 2 human hairs and a small transmitter that features a smooth, comfortable design is attached to the sensor.
- The transmitter sends data wirelessly to the monitor, a sleek pod that is about the size of a cell phone, and which can easily fit in a purse or pocket.
- The wide screen display makes it easy to read glucose trends and real-time information.
- A complete glucose picture can be seen at the touch of a button.
- The Dexcom CGM is completely customizable, with the ability to personalize glucose targets and alerts, and enter events and activities from insulin dosing to food intake and exercise.
- The device can also be calibrated using any commercially available glucose meter.

### Excellent Performance during Hypoglycemia

Hypoglycemic unawareness, a complication of diabetes in which the patient is unaware of a deep drop in blood sugar, is one of the most serious and often life-threatening consequences of diabetes. With the Dexcom CGM, special alerts and alarms can provide advance notice someone is outside their target numbers—low or high—but it's especially effective during periods of low blood sugar<sup>4</sup>.

- Current glucose level updates every 5 minutes, even when sleeping.
- The screen offers options of 1, 3, 6, 12 and 24 hours of continuous glucose information.
- There is excellent hypo accuracy and alerts. A fixed low glucose alarm gives a second level of awareness that no other device offers.
- A new snooze option makes alerts even more customizable.

## A Sensor for the “Real World”

The smallest and lightest sensor available<sup>3</sup>, the Dexcom CGM is ideal for use in the real world.

- The transmitter and sensor are wireless and water-resistant, allowing the user to do the things he or she wants to do.
- The transmitter features a built-in battery with a long, one-year life. There is no recharging required or batteries to change.
- The device comes with a full one-year warranty.

## CGM is Effective

CGM has been recognized in the diabetes community as an effective tool for helping patients achieve their diabetes goals<sup>4-11</sup>.

## About Dexcom

Based in San Diego, Calif., Dexcom is the leader in continuous glucose monitoring. The Dexcom SEVEN® PLUS CGM is the only sensor FDA-approved for up to seven days of wear, and is considered the new standard in continuous glucose monitoring. Dexcom has reported double-digit growth for its CGM device over the past four years and users point out that avoidance of hypoglycemia is a driving factor in their decision to use the device<sup>12</sup>. For more information on the Dexcom CGM, visit [www.Dexcom.com](http://www.Dexcom.com).

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### References:

<sup>1</sup>[http://www.jdrf.org/index.cfm?page\\_id=111318](http://www.jdrf.org/index.cfm?page_id=111318), 2009

<sup>2</sup>Dexcom Seven Plus User Guide, 2008

<sup>3</sup>DiabetesHealth.com, Product Reference Guide, 2010

<sup>4</sup>Deiss D, et al. Improved glycemic control in poorly controlled patients with type 1 diabetes using real-time continuous glucose monitoring. *Diabetes Care*. 2006;29(12):2730-2732.

<sup>5</sup>Standards of medical care in diabetes — 2009. American Diabetes Association. *Diabetes Care*. 2009;32 Suppl 1:S13-61.

<sup>6</sup>Garg S, et al. Improvement in glycemic excursions with a transcutaneous, real-time continuous glucose sensor: a randomized controlled trial. *Diabetes Care*. 2006;29(1):44-50.

<sup>7</sup>Garg SK, et al. Continuous home monitoring of glucose: improved glycemic control with real-life use of continuous glucose sensors in adult subjects with type 1 diabetes. *Diabetes Care*. 2007;30(12):3023-3025.

<sup>8</sup>Juvenile Diabetes Research Foundation Continuous Glucose Monitoring Study Group (2008) Continuous glucose monitoring and intensive treatment of type 1 diabetes. *N Engl J Med*. 2008;359(14):1464-1476.

<sup>9</sup>Waldron-Lynch F, et al. Continuous glucose monitoring: long live the revolution! *Nat Clin Pract Endocrinol Metab*. 2009;5(2):82-83.

<sup>10</sup>Hirsch IB. Glycemic variability: it's not just about A1C anymore! *Diabetes Technol Ther*. 2005;7(5):780-783.

<sup>11</sup>Brauker JH, et al. The function of continuous glucose sensors: How and why seeing glucose as a function of time enables proactive management decisions to avoid highs and lows. *Rev Endo*. May 2007.

<sup>12</sup>Dexcom Customer Satisfaction Survey, April 2011