

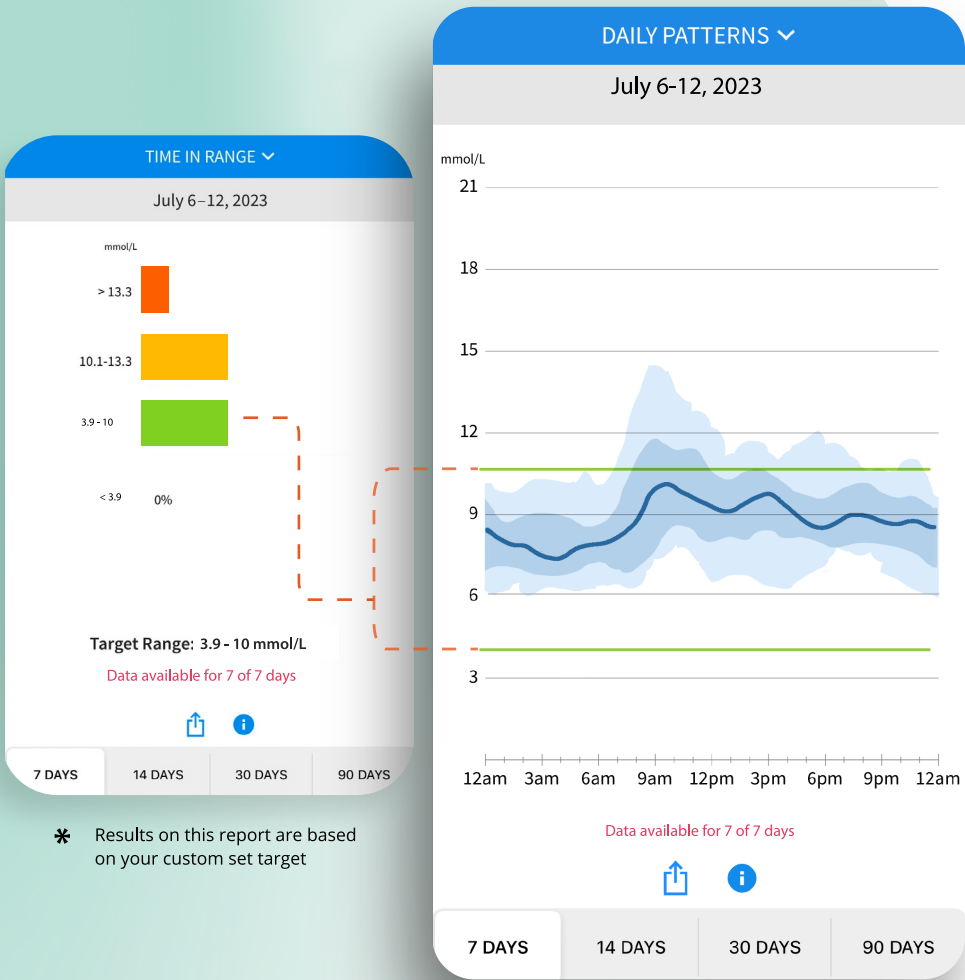
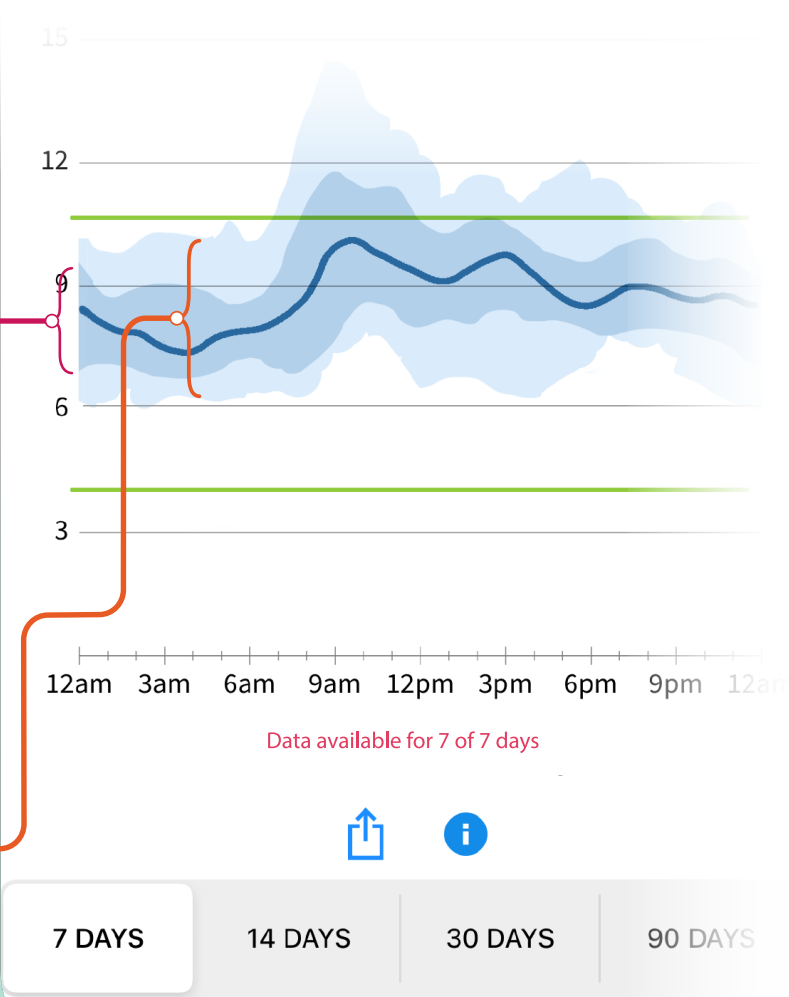
How do I read the AGP?

The Ambulatory Glucose Profile (AGP) shows your blood sugar levels over the last 7, 14, 30, or 90 days. We suggest using the 7-day AGP to check each week.

The dark line shows the middle number of all the sensor readings at that time of day. Half of the readings are above this line, and half are below it.

The dark blue shaded area, which looks like a river, is the spread of your blood glucose 50% of the time.

The lighter blue/grey area is the spread of your blood glucose 80-90% of the time.



Step 1:

Are your numbers within target range?

Most people with diabetes should aim to keep blood glucose between 3.9-10mmol/L more than 70% of the time.

Step 2:

Are there low blood glucose trends?

The first goal is to get rid of any low blood glucose (hypoglycemia) patterns.

What is causing the blood glucose to drop?

- Medication dose or timing?
- Physical activity?
- Skipped meals?
- Alcohol?
- Hormones? (Menses, menopause)
- Or something else?

How can you prevent low blood glucose?



Low Blood Glucoses





High Blood
Glucose

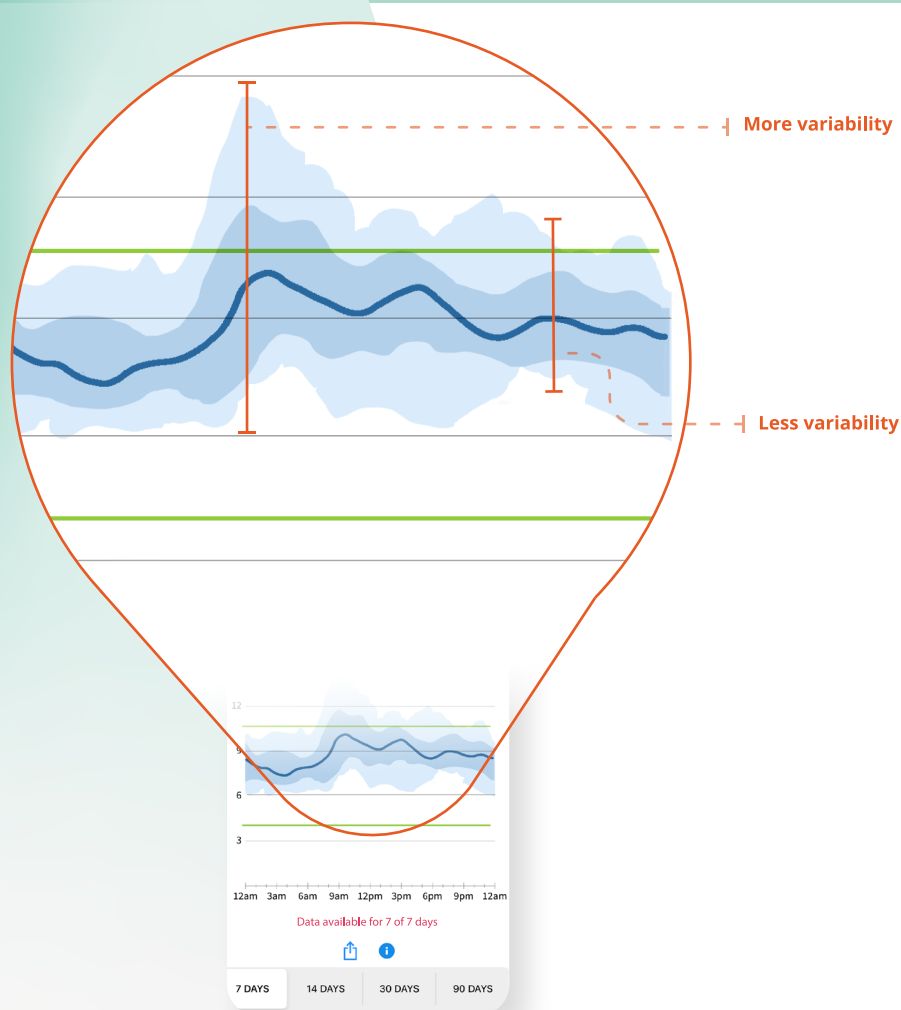
Step 3:

Are there high blood glucose trends?

What is causing the highs?

- Missed medications?
- Specific foods? Portion size?
- Physical activity?
- Stress?
- Illness?

How can you prevent high glucose?



Step 4:

Is there glucose variability?

More variability on your AGP means your blood glucose changes a lot from day to day. Look for the widest part of the blue shaded area.

What is causing the variability?

- Different types of foods on different days?
- Changing medication dosage or timing?
- Different kinds/levels/timing of physical activity?
- Other- e.g. work schedule? Stress? Hormones?



The goal is less variability.

Step 5: Pick 1 thing to work on for a week



* snapshot of change

Take a screenshot of your 7-day AGP this week and compare it to next week. Did your week go as you planned?

Make it a habit!

- Reviewing your AGP every week can help you make the most of your CGM.
- Make small changes **that you can maintain**, to build confidence and slowly get your blood sugars more in target.

If you are having trouble reaching your targets, please contact your health care provider.

