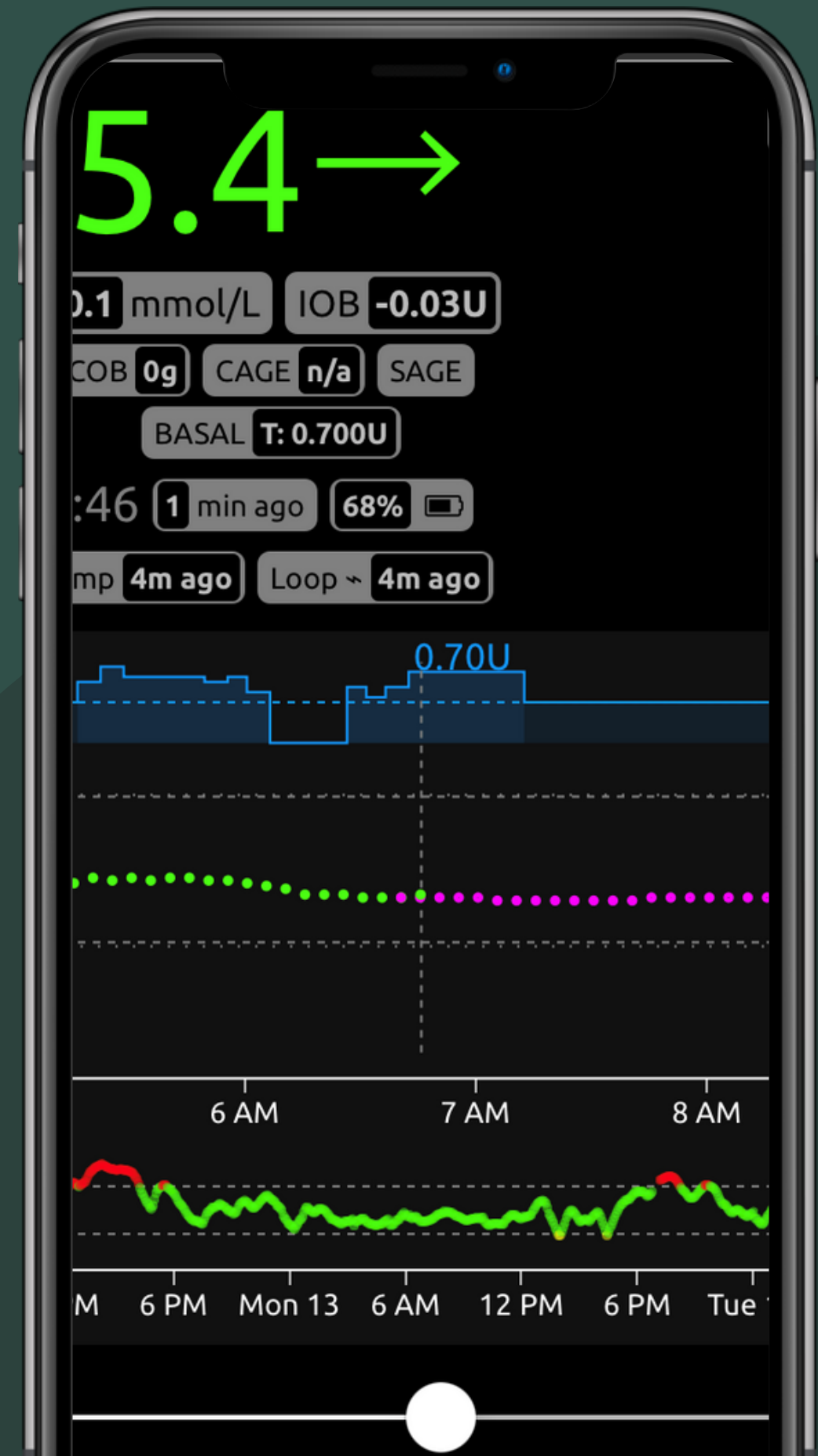


# Continuous Glucose Monitors

YUKON BUSINESSES HELPING YUKONERS





**What does it  
mean to have  
a CGM?**

## MORE TIME IN RANGE

When you are able to see where your blood glucose is going, you have time to make corrections. These corrections, through insulin adjustments, carb intake, exercise, or fluid adjustments, help keep glucose targets within range. These targets are set between patients and endocrinologists and vary between each person.

## REDUCED HBA1C

Since the multicenter, randomized, clinical Diabetes Control and Complication Trial and the follow-up Epidemiology of Diabetes Intervention and Complication observational study<sup>1</sup>, the reduction of HbA1c has not only become standard of care goal, it has become the common indicator of reduced microvascular complications.

What does the evidence from these two studies say?

**HbA1c < 7 =**

- 72% reduced risk of eye disease ✓**
- 50% reduced risk of kidney disease ✓**
- 62% reduced risk of nerve damage ✓**
- 42% reduced risk of cardiovascular disease ✓**
- 57% reduced risk of**
  - nonfatal heart attack ✓**
  - nonfatal stroke ✓**

**Reduced risk of future complications!**

## ALARMS ALERT YOU TO IMPENDING HIGHS AND LOWS

Being alerted when you are trending low is an absolute lifesaver. You can go low in almost any situation, and the CGM lets you know when it is about to happen.

The alarms keep you in the know, and the best part is, you can set them to the level that works best for you.

## LOVED ONES ARE ALERTED

Sometimes when you are approaching hypoglycemia, you can't necessarily think straight. CGMs not only alert you to a low, they alert anyone who is 'following' you, and you can have up to five followers! This means that you get the help you need, right when you need it most.



**Predictive Trends**



# How do CGMs improve Quality of Life?

Comments from CGM wearers in the Yukon<sup>4</sup>

"I drive heavy-duty equipment. I kept dropping while at work. It was a problem. I was hooked up with a Dexcom and I haven't had one single low while at work. It has worked so well that my boss has now made it a requirement. I am not allowed to drive if I don't have it on." G, age 44

"I tried flash and it is no good when I'm hiking. I literally am unable to do all the necessary checks. I wear a CGM because it tells me when I'm starting to drop. I can stop and refuel. I can't imagine going back to anything less than a CGM." D, age 32.

"I checked my blood with a finger stick and was a-ok to drive. But about ten minutes in, I dropped low, had a seizure, and went unconscious. I almost killed myself and the driver in another vehicle. Now that I wear a Dexcom, I am alerted to changes in glucose, have more than enough time to pull over and to treat. My Dexcom actually lets me drive." K, age 24.

"I don't have access to an endo. I send the Dexcom historical info to my doctor, so when I come to Whitehorse he can actually help me in my health issues. Otherwise it is just guess work." J, age 40

**"I started wearing a Dexcom because sometimes I would be finger poking and a patient would be in distress. I wasn't able to tend to my patients when I was checking my blood. I wear one so that I can for sure have the job I have been trained for."  
B, age 26.**



# The Costs of a 'Finger Prick'

## How often are finger pricks used?

Minimum 5 tests per day. Normal is 8-10/day, but with high activity, sickness, pregnancy, stress, it is normal to use 15/day.

## How many lancets are used and what is the cost?

Lancets are \$12.49/100, with a yearly range of \$227.94-\$683.83.  
Median annual price for lancets is \$410.30

## How much do test strips cost?

Test strips \$123/100 strips, or \$1.23/each.  
The minimum amount per day cost \$6.15, with a normal maximum of \$18.75 and a median of \$11.07. The annual price is between \$2244.75 - \$6843.75, with a median annual cost of \$4040.55

## So what is the overall annual cost of finger prick?

The annual cost of finger prick, including test strips and lancets, is \$2472.69 - \$7527.58.

**The median annual cost of finger pricks is \$4040.55**

# The Costs of a Dexcom G6

How much does the Dexcom G6 cost?

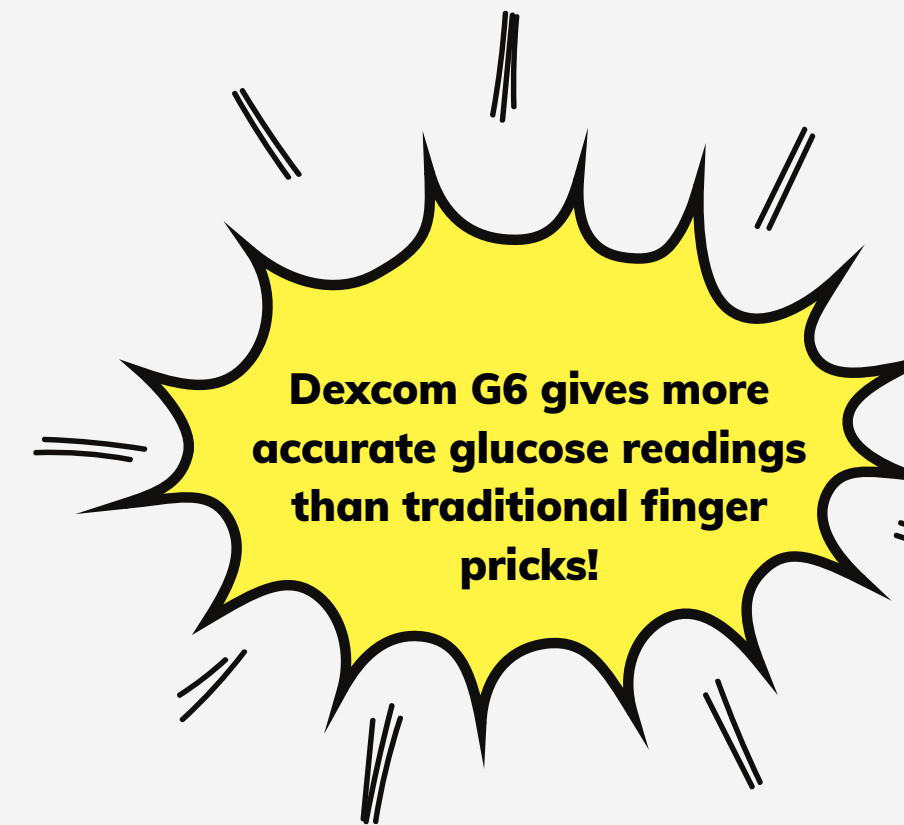
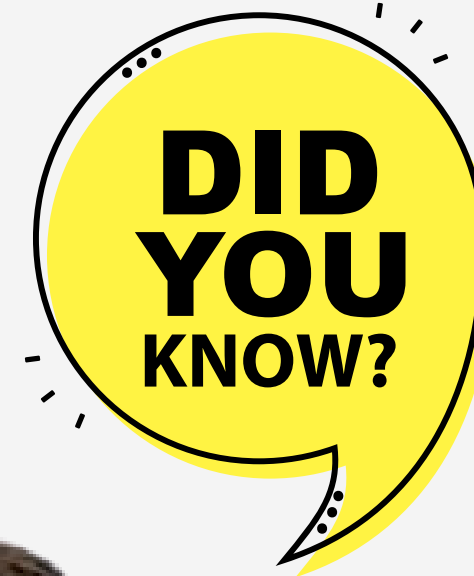
The annual subscription is \$3588.

What is the cost of finger pricks?

There is one test used every ten days.  
The annual cost of finger pricks, including lancets, is less than \$250.

So what is the overall annual  
cost of a Dexcom G6?

The **maximum** annual cost of a Dexcom G6 is **\$3838**.



- Greatly improved Quality of Life
- Lower HbA1c
- Greater time in range
- Alerts to impending highs and lows
- Shared alarms to reduce burden and improve likelihood of hypo/hyper avoidance

- Comparable or less than the cost of finger pricks

Benefit

Cost





# What do other agencies say?

- Health Quality Ontario<sup>2</sup>: Recommended for public funding for persons with Type 1 diabetes who are willing to use CGM for the vast majority of the time.  
Severe hypoglycemia, without an obvious precipitant, despite optimized use of insulin therapy and conventional blood monitoring, or  
Inability to recognize, or communicate about symptoms of hypoglycemia.
- NIHB: Exception Request. 100% coverage for persons with Type 1 diabetes.  
Severe hypoglycemia, without an obvious precipitant, despite optimized use of insulin therapy and conventional blood monitoring, or  
Inability to recognize, or communicate about symptoms of hypoglycemia.
- Institut national d'excellence en santé et services sociaux<sup>3</sup>: Dexcom G6 recommended for public funding when in agreement with manufacturer. For persons with Type 1 diabetes  
Insufficient glycemic balance despite optimal management of the disease  
Frequent episodes of hypoglycemia despite adhering to a blood sugar management  
Inability to recognize or communicate symptoms of hypoglycemia.

► **We are a group of volunteers that works solely with Yukon residents who have Type 1 diabetes.**

**Thank you, Castle Rock, for considering the sponsorship of a one-year subscription!**

## References

<sup>1</sup> <https://www.niddk.nih.gov/about-niddk/research-ares/diabetes/blood-glucose-control-studies-type-1-diabetic>

<sup>2</sup> <https://www.hqontario.ca/evidence-to-improve-care/health-technology-assessment/reviews-and-recommenations/continuous-monitoring-of-glucose-for-type-1-diabetes>

<sup>3</sup> <https://www/inesss.qc.ca/en/themes/sante/innovative-technologies.html>

<sup>4</sup> Personal interviews with adults in Yukon who have Type 1 diabetes. February 11, 2020 and March 18, 2020.