

## New Diabetes Technology

There are new devices on the market that can help you to keep track of your blood sugar. These devices are called Continuous Glucose Monitors, or CGMs for short. They test the sugar in the tissue fluid throughout the day, through a sensor inserted just under the skin. Have you wondered if these might be right for you? Check out the information below and see for yourself!

### Comparison of Two Common CGMs

The two CGMs described below are covered by Medicare, Medicaid, and most insurance plans, for people with both Type 1 and Type 2 diabetes. These devices replace multiple routine fingerstick checks throughout the day, allowing you to easily and painlessly keep track of your blood sugar at any point in time!

#### DexCom G6

- Data is continuously and automatically sent to either an iPhone or Android app, or a handheld device
- Alerts can be set to notify you of highs and lows
- Simple, less painful sensor insertion— each sensor lasts up to 10 days
- Can communicate with Tandem insulin pumps to allow easy, real-time regulation of blood sugar
- Remote monitoring for caregivers
- Approved for adults and children 2+ years of age

#### Abbott's Free Style Libre

- Simple, long wear system— each sensor lasts up to 14 days
- Continuously scanning of blood glucose levels, but requires a manual scan across the sensor with a handheld device to obtain a reading
- No alerts for highs and lows
- Connects to either an iPhone app or a handheld device to display reading
- Approved only for adults



Think of it this way...

A CGM compared to your typical at-home blood glucose meter is like a photo vs. a video.





## New Staff

We would like to introduce Angel Parker! Angel is a health educator and will be helping to lead our Prevent T2 classes in 2020.

She is currently working on her Masters in Public Health, with a special interest in health education. May is a big month, as she will be graduating that month, as well as expecting a baby boy! Her favorite movie is Elf– favorite movie quote- “I love smiling, smiling’s my favorite!”

Welcome– we are excited to have her join our diabetes team!



## Upcoming Classes in Spring 2020

**Diabetes Workshops–** *Take an in-depth look into managing your diabetes, including healthy eating, physical activity, taking medications, and reducing your risks.*

- **February 4, 11, 18.** Logan County Extension Office (Russellville). 4:00pm– 7:00pm all days. Registration required by Jan 31 at noon for all sessions. Please plan to attend all sessions. *Refreshments provided.*
- **February 25.** TJ Samson Health Pavilion (Glasgow). 9:00am–4:30pm. Registration required by Feb 21 at noon. *Free Lunch!*
- **March 14.** Edmonton Worship Center (Edmonton). 9:00am–4:30pm. Registration required by Mar 11 at noon. *Free Lunch!*
- **March 24 and 31.** Oakland Baptist Church (Oakland). 3:00pm-7:00pm both days. Registration required by Mar 20 at noon for both sessions. Please plan to attend both sessions. *Free Supper!*
- **April 27, 28, 29.** TJ Samson Health Pavilion (Glasgow). 4:30pm–7:30pm all days. Registration required by Apr 23 at noon for all sessions. Please plan to attend all sessions. *Refreshments provided.*
- **May 5.** Eva J Halls Expo and Community Center (Morgantown). 9:00am-4:30pm. Registration required by May 1 at noon. *Free Lunch!*
- **June 1 and 8.** First United Methodist Church (Franklin). 10:00am-2:00pm both days. Registration required by May 29 at noon for both sessions. Please plan to attend both sessions. *Free Lunch!*

### Do You Need a Recipe for Weight Loss?

Keep an eye on the Barren River District Health Department’s Facebook page and website! We will be starting a new Prevent T2 class on Facebook Live in early 2020. The aim of this year long program is to reduce your Type 2 diabetes risk by increasing your physical activity and losing weight (if needed). You can get support from people just like you as you work toward preventing Type 2 diabetes together. Ideal for people with prediabetes, or with risk factors for developing Type 2 diabetes.

Visit us on the web at [www.barrenriverhealth.org](http://www.barrenriverhealth.org)



@BarrenRiverDistrict  
@BrdhdDietitian

### Pre-Registration Required

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*In case of inclement weather,  
please follow your city or  
county’s school closings. The  
event will not be rescheduled  
unless otherwise notified.*