

The COMISAIR Study¹

Continuous Glucose Monitoring (CGM) for Patients on Multiple Daily Injections (MDI)

Results from this year-long study showed that CGM drives HbA1c reduction - despite the insulin delivery method.

Study Objectives and Methods

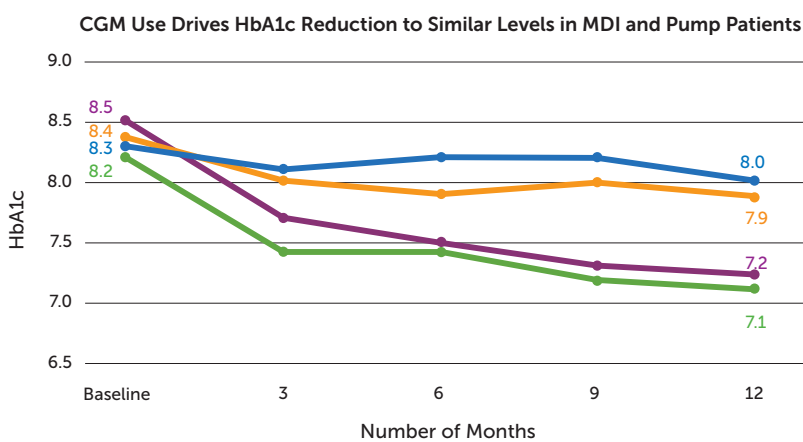
Objective:

Compare efficacy of MDI and pump insulin regimens augmented by CGM vs. SMBG*.

*Self-monitoring of blood glucose

Research Design/Methods:

- 1-Year prospective clinical trial
- 65 participants with Type 1 Diabetes
- Adults (>18 years) with HbA1c ranging from 7% - 10%
- Participants divided into four groups (see chart below)



RESULTS



GREATER HbA1c REDUCTION

Patients on **MDI + CGM** saw greater improvement than those on Pump Therapy + SMBG



REDUCED HYPOGLYCAEMIA

25% average reduction of time spent in hypoglycaemia in **CGM-augmented group** compared to baseline



INCREASED TIME SPENT IN TARGET RANGE

38% average increase in time spent in range (4.0-10.0mmol/L) in **CGM-augmented group** compared to baseline

Group	Baseline HbA1c	52 Weeks	Mean Difference
MDI + SMBG (n=18)	8.3	8.0	-0.3
Pump + SMBG (n=20)	8.4	7.9	-0.5
MDI + CGM (n=12)	8.5	7.2	-1.3
Pump + CGM (n=15)	8.2	7.1	-1.1

CGM use has been proven to **both reduce HbA1c and decrease risk of hypoglycaemia regardless of delivery method**.^{1,2} When initiating or adjusting insulin regimens for your patients, CGM provides real-time insights for better glycaemic outcomes.

For more information on Dexcom Continuous Glucose Monitoring, please contact us on **1300 851 056** or at diabetes@amsl.com.au

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