CGM Without Insulin? A New Study Transcript

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CGMs for type 2 diabetes

So, I've So, I've been saying this for years, and been saying this for years, and now the New England Journal of now the New England Journal of Medicine Medicine Medicine has actually confirmed my words, has actually confirmed my words, which, no matter how true it is, kids, is which, no matter how true it is, kids, is quite nice. I am quite nice. I am Dr. Ahmet Ergin. I'm Dr. Ahmet Ergin. I'm an endocrinologist at the Treasure Coast Diabetes, Thyroid and Hormone Center in Port St. Lucie, Coast Diabetes, Thyroid and Hormone Center in Port St. Lucie, and this is SugarMD.

and this is SugarMD. Today we'll talk: Today we'll talk: should you wear a glucose monitor, or CGM, glucose monitor, or CGM, if you have type 2 diabetes if you have type 2 diabetes and don't and don't take insulin?

take insulin? Because a Because a new study has just come out new study has just come out on on on this very topic. For years, this very topic. For years, it was thought that CGMs were it was thought that CGMs were only needed by those only needed by those taking insulin.

taking insulin. At first it was for type 1 diabetes, and then for type 1 diabetes, and then for type 2 diabetes on insulin, because you type 2 diabetes on insulin, because you have to calculate have to calculate the dose, right? What about the dose, right? What about everyone else? Well, everyone else? Well, keep pricking your keep pricking your finger every now and then finger every now and then or whenever you remember, or whatever or whenever you remember, or whatever. So, no matter what. So, no matter what the doctor says, patients the doctor says, patients still do it their own way. Most own way. Most people just people just forget. So, forget.

The Connect trial findings

So, let's be frank. let's be frank. This new This new experiment experiment experiment is called CONNECT, and it is called CONNECT, and it was published on was published on October 14 in the New England Journal of October 14 in the New England Journal of Medicine. Adults with Medicine. Adults with type 2 diabetes without type 2 diabetes without insulin therapy who insulin therapy who are treated by are treated by regular family regular family doctors, not even in doctors, not even in endocrinology endocrinology endocrinology offices. 22 medical offices. 22 medical practices throughout the practices throughout the United States.

United States. Half received the Half received the Dexcom G7 CGM, half received standard care, standard care, i.e. finger pricks. i.e. finger pricks. 26 weeks, and what are the 26 weeks, and what are the results? Well, okay, results? Well, okay, let me clarify. In the let me clarify. In the CGM group, CGM group, glycated glycated glycated hemoglobin levels decreased hemoglobin levels decreased from 8.8 to 7.2. This is 1.6 points. And from 8.8 to 7.2. This is 1.6 points. And in the usual in the usual care group, who were asked to care group, who were asked to check their check their sugar levels more often, sugar levels more often, the score went from the score went from 8.7 to 8. So they also 8.7 to 8. So they also improved improved, but by a much smaller amount.

, but by a much smaller amount. So, 1.6 points versus 0.7 So, 1.6 points versus 0.7 points reduction in points reduction in glycated glycated glycated hemoglobin. By the way, hemoglobin. By the way, when you include when you include someone in a study someone in a study and ask them to monitor and ask them to monitor themselves, the results are themselves, the results are always better, right?

always better, right? Both groups Both groups tried to monitor tried to monitor themselves, but the themselves, but the CGM group achieved CGM group achieved results that were more results that were more than twice as good than twice as good as the fingerstick group as the fingerstick group. Time in. Time in target range, target range, that is, the time when your that is, the time when your sugar is between sugar is between 70 and 180, is 70 and 180, is your "golden mean." So, it." So, it increased by about increased by about 5 hours per day. 5 5 hours per day.

Study context and results

5 hours is a full hours is a full working day with working day with better better better glucose levels. Now I have to be glucose levels. Now I have to be honest with you, because, you know, that's the, you know, that's the deal, right? On deal, right? On this channel: This this channel: This study study study was funded by was funded by was funded by Dexcom. Sure, Dexcom. Sure, they manufacture these they manufacture these devices, but that doesn't devices, but that doesn't make the make the study results wrong.

study results wrong. I am the principal I am the principal investigator on some investigator on some of these projects. You of these projects. You can't just can't just distort distort distort research research research because it is because it is regulated by many regulated by many commissions or commissions or institutions. So, it institutions. So, it only lasted 6 only lasted 6 months, and months, and those with the highest A1Cs benefited the most. If your A1C. If your A1C is already 6.5, you are is already 6.5, you are unlikely to see a unlikely to see a 1.6 point drop 1.

The power of real-time data

6 point drop because there is simply no room to because there is simply no room to go lower. But why does go lower. But why does it work? I don't think it's it work? I don't think it's magic. This is just magic. This is just feedback.

feedback. feedback. If someone gives you If someone gives you feedback, you are more likely feedback, you are more likely to perform better. to perform better.

You ate a big You ate a big plate of pasta, right? And plate of pasta, right? And you see the line you see the line shoot up like a shoot up like a rocket. You look rocket. You look at the CGM and think, "Oh no, this is not good." At no, this is not good." At this point, I this point, I no longer need to no longer need to lecture you about what you lecture you about what you ate being bad for you ate being bad for you. It's better. It's better to see once than to see once than hear a hundred times, right?

hear a hundred times, right? This graph literally This graph literally reads the notation to you. reads the notation to you. He is much more He is much more convincing than convincing than me. So, trust me. So, trust me. My patients me. My patients constantly constantly constantly ignore me. I'm used to it ignore me. I'm used to it. Then you. Then you start start start experimenting. You experimenting. You go for a 10-minute go for a 10-minute walk after walk after dinner—it's not me, it's you dinner—it's not me, it's you. I even. I even said to my wife said to my wife today, “Look, I today, “Look, I advise patients to advise patients to walk. "Come on, we'll go for a walk. "Come on, we'll go for a walk." walk." walk." Believe me, I do it.

Believe me, I do it. When they do this, the When they do this, the sugar spike is smaller. sugar spike is smaller. You eat You eat protein and vegetables first, protein and vegetables first, right? And right? And carbohydrates carbohydrates at the end, then the at the end, then the jump will be much jump will be much smaller. You replace the smaller. You replace the white rice with, I don't white rice with, I don't know, cauliflower rice, for example know, cauliflower rice, for example.

.. Okay, maybe not everyone Okay, maybe not everyone does that, but you does that, but you get the point. This get the point.

Who should use a CGM?

This turns dietary turns dietary advice into something you can advice into something you can see with your own see with your own eyes. So, who should eyes. So, who should think about this? If think about this? If you have type 2 diabetes, you're you have type 2 diabetes, you're not on insulin, and your not on insulin, and your A1C is above A1C is above target— target— target— honestly, I think honestly, I think CGM is worth CGM is worth talking about, especially talking about, especially if you feel like you're stuck. Especially if you stuck. Especially if you don't know

which don't know which products affect products affect you the most. Because you the most. Because on YouTube, a doctor on YouTube, a doctor might say, "Well, this might say, "Well, this fruit would be fruit would be okay for okay for diabetes." Another doctor diabetes." Another doctor will say, "Never will say, "Never touch it." None of touch it." None of this advice will be this advice will be true for every true for every individual patient.

individual patient. I have patients I have patients whose blood sugars spike whose blood sugars spike after oatmeal, but after oatmeal, but strangely they strangely they feel fine feel fine after pizza. This is not after pizza.

Accessibility and cost

This is not a recommendation, just an a recommendation, just an observation. What observation. What about the cost? Medicare about the cost? Medicare is still deciding whether to is still deciding whether to cover CGM for cover CGM for type 2 diabetes without type 2 diabetes without the use of the use of the use of insulin. Some insulin. Some commercial plans commercial plans cover them, right? And now cover them, right? And now CGMs have appeared CGMs have appeared that are sold without a that are sold without a prescription. A prescription is not prescription.

Lifestyle and supplementation

A prescription is not required, so you required, so you can wear can wear the device for a few the device for a few weeks, study your weeks, study your readings, take a readings, take a break, and repeat.

break, and repeat. I'll make a I'll make a short advertisement here because short advertisement here because it's appropriate. When you it's appropriate. When you see sugar spikes see sugar spikes after eating, this is exactly the after eating, this is exactly the problem that our Sugar MD Super our Sugar MD Super Berberine product is designed to help with. Super Berberine is Berberine product is designed to help with. Super Berberine is dihydroberberine and dihydroberberine and concentrated concentrated concentrated Ceylon cinnamon.

Ceylon cinnamon. Dihydroberberine is Dihydroberberine is Dihydroberberine is much better than much better than regular berberine, regular berberine, it works through AMP kinase—the same kinase—the same energy pathway energy pathway that that that metformin affects, but in a more metformin affects, but in a more natural way. A natural way. A large meta-analysis of 37 large meta-analysis of 37 studies found studies found that berberine reduced that berberine reduced glycated glycated glycated hemoglobin (A1C) levels by an hemoglobin (A1C) levels by an average of 0.6 average of 0.6 points. This is not a miracle. It's points. This is not a miracle. It's not insulin, but it's a not insulin, but it's a real decrease. And with a real decrease. And with a continuous continuous continuous glucose monitor, you glucose monitor, you can really can really see if see if it's helping you. But it's helping you. But first, a way of life.

first, a way of life.

Clinic resources and closing

A walk after eating, A walk after eating, protein first, sleep, protein first, sleep, then supplements, and only then supplements, and only then medication if then medication if you need it. If you you need it. If you are in the are in the Treasure Coast area of ??Port St. Lucie, Stuart, St. Lucie, Stuart, Vero Beach, or on Vero Beach, or on Vero Beach Avenue—please Vero Beach Avenue—please come see us.

come see us. Bring your Bring your glucose monitor and we glucose monitor and we will help you better will help you better understand your data. understand your data.

You can You can call us call us at 772-398-7814 or at 772-398-7814 or sign up at tcendo.com, sign up at tcendo.com, and visit and visit sugarmds.com to purchase sugarmds.com to purchase supplements. And if supplements. And if the cost is stopping you, the cost is stopping you, ask about our ask about our membership. We have a membership. We have a single monthly single monthly fee that covers fee that covers visits, tests, and

visits, tests, and health support.

health support. Leave a comment. Leave a comment. Tell us, have Tell us, have you tried CGM and which you tried CGM and which products surprised products surprised you the most? I promise, I'll read them. Until, I'll read them. Until next time, next time, keep watching. See you in the. See you in the