

The COMISAIR Study¹

CGM for MDI patients? Yes, they can benefit, too.

Results from this year-long study showed that continuous glucose monitoring (CGM)—not the insulin delivery method—drives A1C reduction.

Study Objectives and Methods

Objective:

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

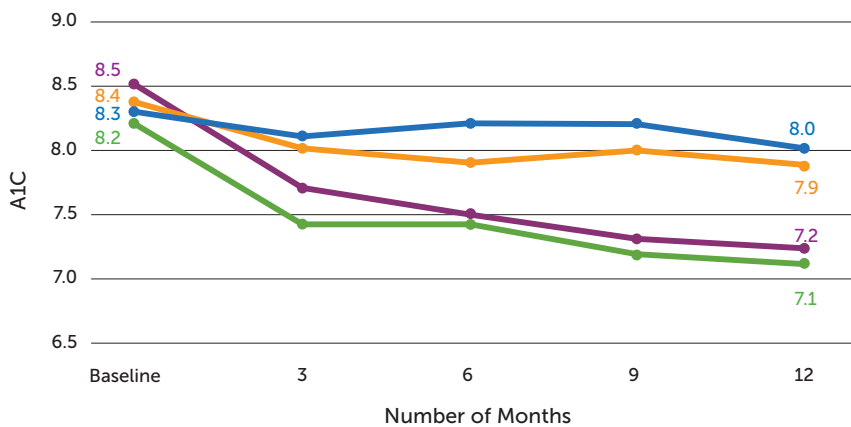
* Multiple daily injections

[†] Self-monitoring of blood glucose

Research Design/Methods:

- 1-Year prospective clinical trial
- 65 participants with type 1 diabetes
- Adults (>18 years) with A1Cs ranging from 7%-10%
- Participants divided into four groups (see chart below)

CGM Use Drives A1C Reduction to Similar Levels in MDI and CGM Patients



Group	Baseline A1C	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

RESULTS



GREATER A1C REDUCTION

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



REDUCED HYPOGLYCEMIA

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



INCREASED TIME SPENT IN TARGET RANGE

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

CGM First™

Recognized as the standard of care in diabetes management by ADA, AACE and the Endocrine Society, CGM use has been proven to **reduce A1C without increasing risk of hypoglycemia regardless of insulin delivery method.**²⁻⁴ When initiating or adjusting insulin regimens for your patients, CGM provides real-time insights for better glycemic outcomes. Optimize your patients' treatment plans and prescribe a Dexcom CGM System today.

References

- 1 Šoupal J, Petruželková L, Flekač M et al. Comparison of Different Treatment Modalities for Type 1 Diabetes, Including Sensor-Augmented Insulin Regimens, in 52 Weeks of Follow-Up: A COMISAIR Study. *Diabetes Technology & Therapeutics*. 2016;18(9):532-538.
- 2 American Diabetes Association. (2016). Glycemic Targets. *Standards of Medical Care. Diabetes Care*, S39-S40.
- 3 Fonseca V, Grunberger G, Anhalt H et al. CONTINUOUS GLUCOSE MONITORING: A CONSENSUS CONFERENCE OF THE AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS AND AMERICAN COLLEGE OF ENDOCRINOLOGY. *Endocr Pract*. 2016;22(8):1008-1021.
- 4 Peters A, Ahmann A, Battelino T et al. Diabetes Technology—Continuous Subcutaneous Insulin Infusion Therapy and Continuous Glucose Monitoring in Adults: An Endocrine Society Clinical Practice Guideline. *The Journal of Clinical Endocrinology & Metabolism*. 2016;jc.2016-2534.

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