

## Investigating the impact of FreeStyle Libre personal CGM systems on hypoglycemia<sup>1,\*</sup>

### OBJECTIVE:

To assess whether FreeStyle Libre personal CGM systems reduce exposure to hypoglycemia in patients with type 1 diabetes compared with self-monitored blood glucose (SMBG) testing<sup>1,\*</sup>

### RESEARCH DESIGN & METHODS:

**26 WEEK**  
multicenter, prospective,  
non-masked, randomized  
controlled trial



**241** ADULT PATIENTS WITH TYPE 1 DIABETES  
(>18 YEARS) SPLIT INTO 2 GROUPS:

**Intervention group:**  
MDI + CGM (n=121)

**Control group:**  
MDI + SMBG (n=120)

MDI: multiple daily injections

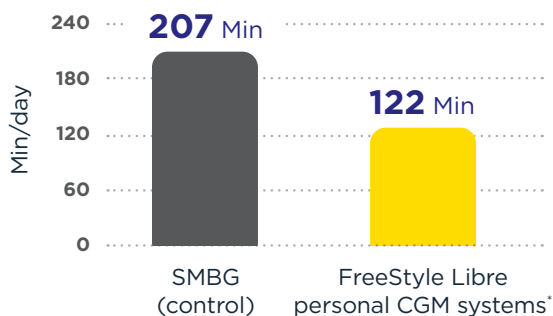
### PRIMARY OUTCOME:

Change in time in hypoglycemia (<70 mg/dL) between baseline and 6 months

Patients with type 1 diabetes using the FreeStyle Libre personal CGM systems experienced:

- A 95-minute reduction over baseline
- Sustained reductions in duration of hypoglycemia<sup>†</sup>

### T1D PATIENTS



REDUCTION  
IN OVERALL  
HYPOGLYCEMIA<sup>‡</sup>

↓ **38%**  
( $P < 0.0001$ )



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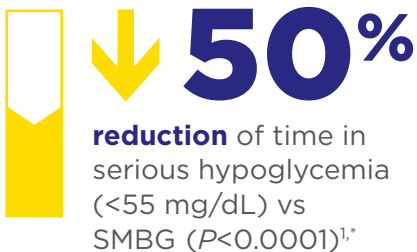
**SECONDARY OUTCOMES:**

Significant sustained increase in blood glucose testing frequency, exceeding the ADA's glucose monitoring guidelines of testing at least 6-10 times per day<sup>2</sup>

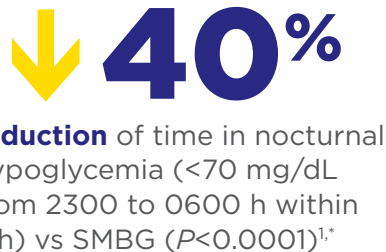
**MONITORING ~3X MORE** =  
(vs self-monitored blood glucose testing)

T1D MDI patients showed **improved adherence** to glucose monitoring guidelines, which is associated with improved HbA1c<sup>1,\*</sup>

**SERIOUS HYPOGLYCEMIA**



**NOCTURNAL HYPOGLYCEMIA**



**IMPROVED PATIENT-REPORTED TREATMENT SATISFACTION<sup>1,\*</sup>**



**MORE PATIENTS CAN DO IT WITHOUT FINGERSTICKS<sup>§</sup>**

If you would like more information about the FreeStyle Libre family of personal CGM systems, please visit [Payer.FreeStyleLibre.us](https://www.FreeStyleLibre.us)



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\* Data from this study was collected with the outside US version of the FreeStyle Libre 14 day system. FreeStyle Libre 2 has the same features as FreeStyle Libre 14 day system with optional real-time glucose alarms. Therefore, the study data is applicable to both products.

† Through 6-month study period.

‡ vs SMBG.

§ Fingersticks are required if your glucose alarms and readings do not match symptoms or when you see Check Blood Glucose symbol during the first 12 hours.

**References:** 1. Bolinder, Jan, et al. "Novel Glucose-sensing Technology and Hypoglycaemia in Type 1 Diabetes: a Multicentre, Non-masked, Randomised Controlled Trial." *The Lancet* 10057, no. 388 (September 2016): 2254-2263. DOI: [https://doi.org/10.1016/S0140-6736\(16\)31535-5](https://doi.org/10.1016/S0140-6736(16)31535-5). 2. American Diabetes Association. *Diabetes Care*. 2020;43(suppl 1):S77-S88.

**Indications and Important Safety Information**

The FreeStyle Libre 2 Flash Glucose Monitoring System is a continuous glucose monitoring (CGM) device with real time alarms capability indicated for the management of diabetes in persons age 4 and older.<sup>¶</sup>

**WARNINGS/LIMITATIONS<sup>¶</sup>:** The System must not be used with automated insulin dosing (AID) systems, including closed loop and insulin suspend systems. Remove the sensor before MRI, CT scan, X-ray, or diathermy treatment. Do not take high doses of vitamin C (more than 500 mg per day), as this may falsely raise your Sensor readings. Failure to use the System according to the instructions for use may result in missing a severe low blood glucose or high blood glucose event and/or making a treatment decision that may result in injury. If glucose alarms and readings from the System do not match symptoms or expectations, use a fingerstick blood glucose value to make diabetes treatment decisions. Seek medical attention when appropriate and contact Abbott Toll Free (855-632-8658) or visit <sup>¶</sup> [www.FreeStyleLibre.us](http://www.FreeStyleLibre.us) for detailed indications for use and safety information.

¶ Please refer to [www.FreeStyleLibre.us](http://www.FreeStyleLibre.us) for the indications and important safety information.

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