

## Investigating the impact of the FreeStyle Libre 14 day System on quality of life (QoL) and glucose control



### PARTICIPANT PROFILE:

- 1913 adult patients with type 1 diabetes for >3 months
- 78% on multiple daily injections (n=1472)
- Mean baseline HbA1c was 7.8% ± 1.2%



### RESEARCH DESIGN:

- **A 12-month, multicenter, prospective, observational, real-world cohort study**
- **Primary endpoint** measured evolution of quality of life (QoL) at baseline, 6 months, and 12 months using:
  - Short Form Health Survey (SF-36)
  - Problem Areas in Diabetes (PAID-SF)
  - Hypoglycemia Fear Survey (HFS-Worry)
  - Diabetes Treatment Satisfaction Questionnaire (DTSQ)
- **Secondary outcome** measures included changes in:
  - Acute diabetes complications (hypoglycemia and/or ketoacidosis)
  - Work absenteeism
  - HbA1c
  - Percentage of time in different specified glycemic ranges
  - Total daily insulin dose

### PRIMARY OUTCOME:



### PATIENT SATISFACTION

QoL status scores remained **high and stable** at 12 months (SF-36, PAID-SF, HFS-Worry) ( $P < 0.0001$ )



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## SECONDARY OUTCOMES:

## THE FUTURE STUDY<sup>1</sup>

### HOSPITAL ADMISSIONS

↓ **33%**

decrease in hospital admissions for severe hypoglycemia and/or ketoacidosis ( $P=0.031$ )

### HYPOGLYCEMIC EVENTS

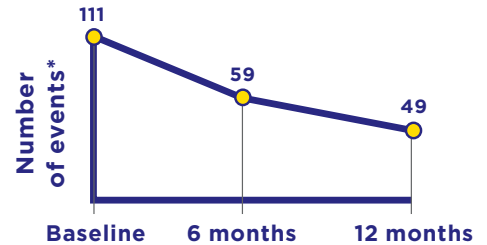
**47%** fewer severe hypoglycemic events ( $P<0.0001$ )

14.6% INCIDENCE

7.8% INCIDENCE

### ABSENTEEISM EVENTS

↓ **50%** decrease in absenteeism ( $P<0.0001$ )



### TOTAL DAILY DOSE OF INSULIN



Total daily insulin dose decreased by 0.022 units/kg body weight ( $P<0.0001$ )

### STABLE HbA1c



HbA1c remained stable at 6 months; 7.8 to 7.7 at 6 months ( $P<0.0001$ )



**PATIENTS CAN DO IT WITHOUT FINGERSTICKS\***



Data from this study was collected with the Outside US version of FreeStyle system. FreeStyle Libre 14 day system has the same features; therefore, the study data is applicable to both products.

\* Numbers represent period of 6 months before each time point.

† Fingersticks are required for treatment decisions when you see Check Blood Glucose symbol, when symptoms do not match system readings, when you suspect readings may be inaccurate, or when you experience symptoms that may be due to high or low blood glucose.

**Reference:** 1. Charleer S, De Block C, Van Huffel L, et al. Quality of life and glucose control after 1 year of nationwide reimbursement of intermittently scanned continuous glucose monitoring in adults living with type 1 diabetes (FUTURE): a prospective observational real-world cohort study. *Diabetes Care*. 2020;43(2):389-397. doi:10.2337/dc19-1610

#### Indications and Important Safety Information

The FreeStyle Libre 14 day Flash Glucose Monitoring System is a continuous glucose monitoring (CGM) device indicated for the management of diabetes in persons age 18 and older. It is designed to replace blood glucose testing for diabetes treatment decisions. The System detects trends and tracks patterns aiding in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments. Interpretation of the System readings should be based on the glucose trends and several sequential readings over time. The System is intended for single patient use and requires a prescription.

**CONTRAINDICATIONS:** Remove the sensor before MRI, CT scan, X-ray, or diathermy treatment.

**WARNINGS/LIMITATIONS:** Do not ignore symptoms that may be due to low or high blood glucose, hypoglycemic unawareness, or dehydration. Check sensor glucose readings with a blood glucose meter when Check Blood Glucose symbol appears, when symptoms do not match system readings, or when readings are suspected to be inaccurate. The FreeStyle Libre 14 day system does not have alarms unless the sensor is scanned, and the system contains small parts that may be dangerous if swallowed. The FreeStyle Libre 14 day system is not approved for pregnant women, persons on dialysis, or critically-ill population. Sensor placement is not approved for sites other than the back of the arm and standard precautions for transmission of blood borne pathogens should be taken. The built-in blood glucose meter is not for use on dehydrated, hypotensive, in shock, hyperglycemic-hyperosmolar state, with or without ketosis, neonates, critically-ill patients, or for diagnosis or screening of diabetes. When using FreeStyle LibreLink app, access to a blood glucose monitoring system is required as the app does not provide one. Review all product information before use or contact Abbott Toll Free (855-632-8658) or visit [www.freestylelibre.us](https://www.freestylelibre.us) for detailed indications for use and safety information. For full indications for use and safety information, visit <https://www.freestylelibre.us/safety-information.html>.

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