

One person's experiences

Mike Kendall

Living with type 1 diabetes for over 28 years.
Blogger, Twitterer, Occasional YouTuber and
diabetes advocate.



Association of British Clinical Diabetologists



Mike Kendall

- Lived with T1 diabetes for almost 30 years
- PPI representative on NICE Guideline Development Group for T1 Diabetes in Adults (2012-2015)
- Co-Founder T1Resources.uk
- Volunteer for Diabetes UK Diabetes Voices

Disclosures:

Member of Abbott Diabetes Bloggers and Patient Advocates Group, Medtronic Bloggers and Patient Advocates Group, Medtronic Diabetes Community Exchange, Novo Nordisk Patient Partnership Group, Sanofi Advisory Board, Insulet T1D Virtual Advisory Board. ABCD and DTN PPI Representative. Volunteer moderator of DUK forum and UK and Global Libre Facebook Groups.



Introduction



- First used Libre in 2014
- Occasional user ever since (self-funded)
- For me glucose levels are **always** better when wearing sensors than when using fingersticks alone

3x the information every time

Three Bedtime Readings



Assume no action needed?

1. Glucose level
2. Direction of change
3. Rate of change

Plus everything that happens 'between the dots'



Probably no
action needed



Action needed!

24 hours of information



- Approx $\frac{1}{3}$ of every day you are asleep
- Every scan shows previous 8 hours as a trace



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Wherever, whenever

- On the run
- In a crowd
- At the gym
- Gardening, DIY etc
(with dirty hands)
- At night
- As many times as you
want



Blurry Crowd in Hong Kong
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Don't look now!

- Sometimes I used to choose not to fingerstick check
- I'd guess and try to 'fix' it, then check later
- With Libre, it's all recorded anyway
- I try to improve what's actually happening



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It won't always match

- Fingerticks and sensors measure different things
- Sensor 'lag'
- The first 24 hours
- Sometimes BG meters are wrong!
- Hydration
- Enjoy your 'unicorns'
- Even if a sensor reads a little off, trends are still helpful
- Contact Abbott



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Information not judgement



- Try not to get overwhelmed - improve gradually
- Use your results to experiment
- Set realistic targets - flat lines are not natural
- Try not to overreact to every wobble - beware of the diabetes rollercoaster

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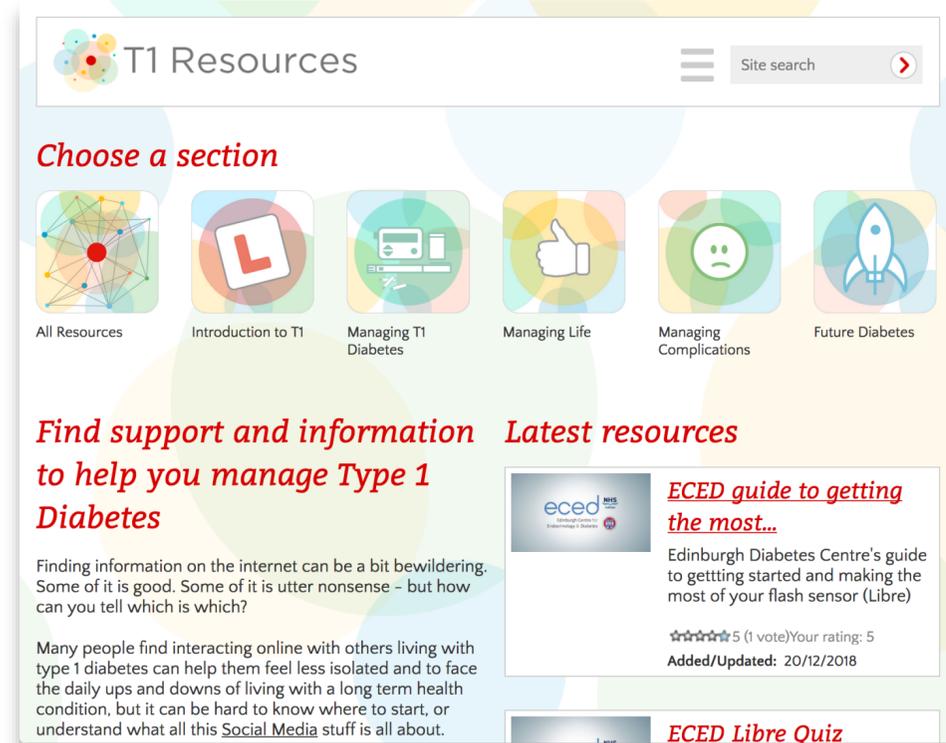
Better together

- Use these resources as a starting point (dip in/out?)
- Ask your clinic / DSN / Consultant
- Connect with others living with diabetes

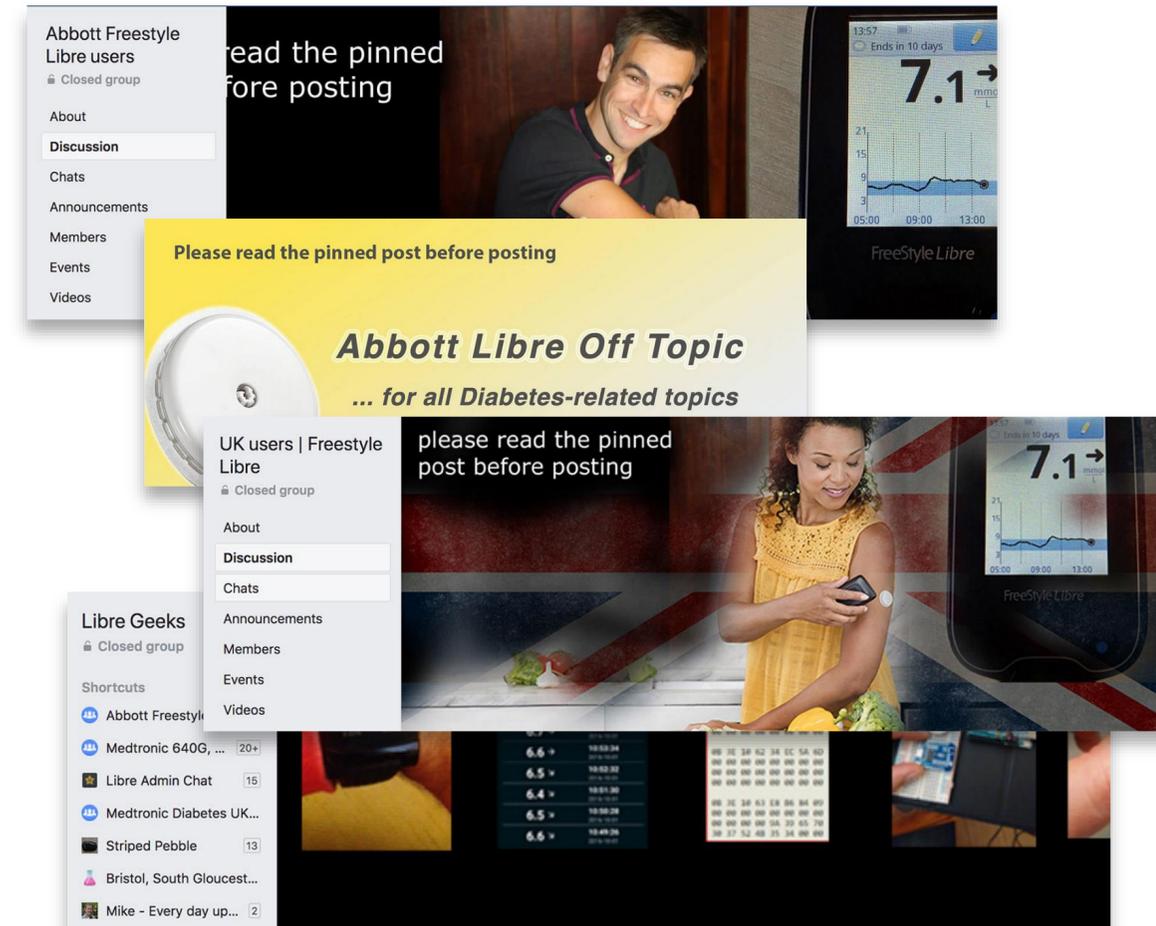


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Better together



t1resources.uk



Facebook Groups (UK, Global, 'Libre Geeks' and Off Topic)

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