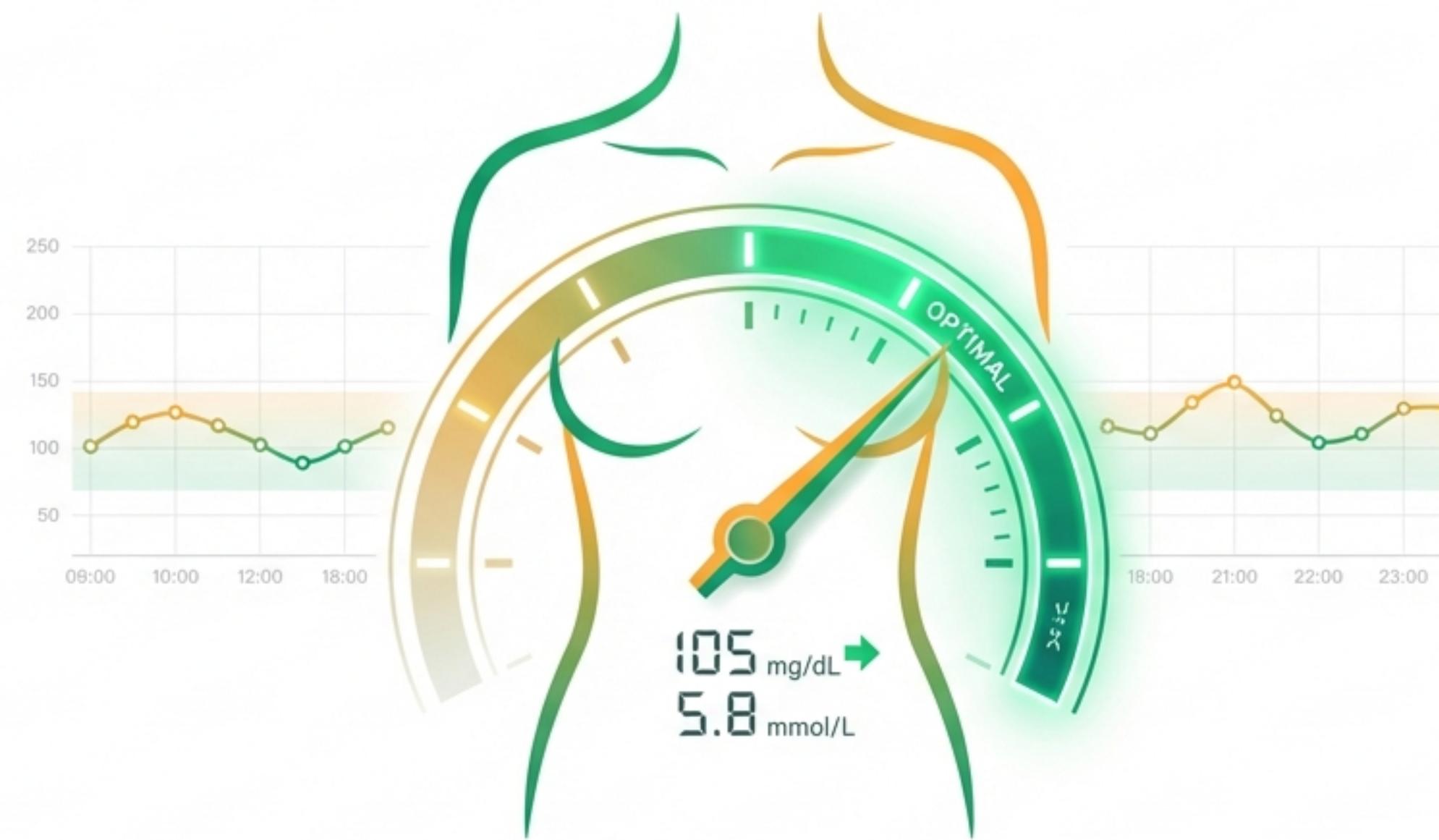


THE BODY'S DASHBOARD

A Lifestyle Guide to Mastering Your Continuous Glucose Monitor (CGM)



From Confusion to Control: Demystifying your data in the context of modern Indian life.

HOW TO DRIVE THIS MANUAL

A CGM is not just a medical device; it is a real-time speedometer for your metabolism. This guide moves beyond the raw numbers to teach you how to drive efficiently.



The Instrument:
Sensor mechanics.



The Gauges:
Reading TIR & Arrows.



Troubleshooting:
Spikes & Dips.



Road Conditions:
Indian Diet & Lifestyle.

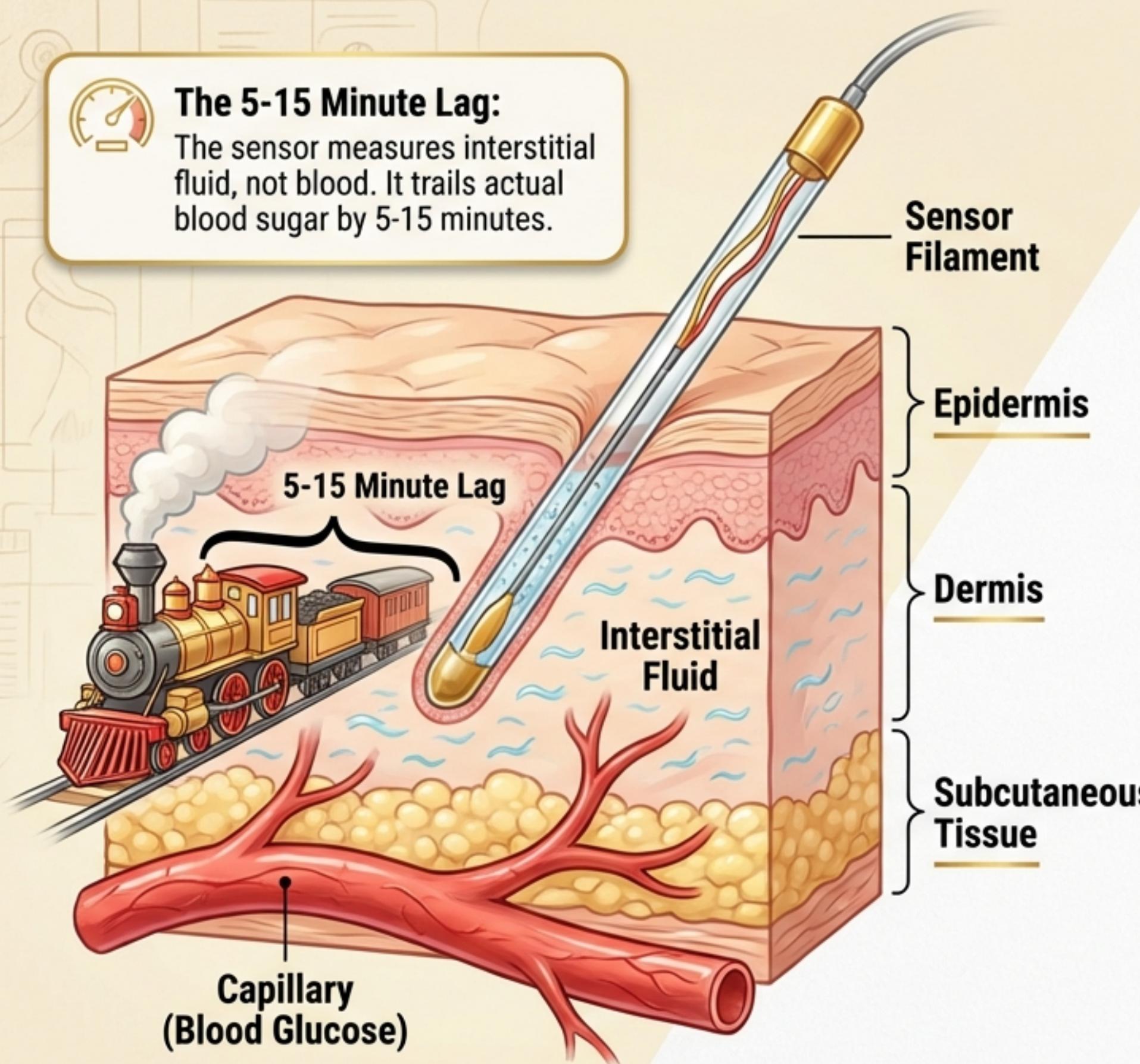
PRO TIP:
Look for the **Saffron Gold** text for critical alerts and Indian-specific context headers.

Look for the **Green** text for safety zones and success metrics.



The 5-15 Minute Lag:

The sensor measures interstitial fluid, not blood. It trails actual blood sugar by 5-15 minutes.



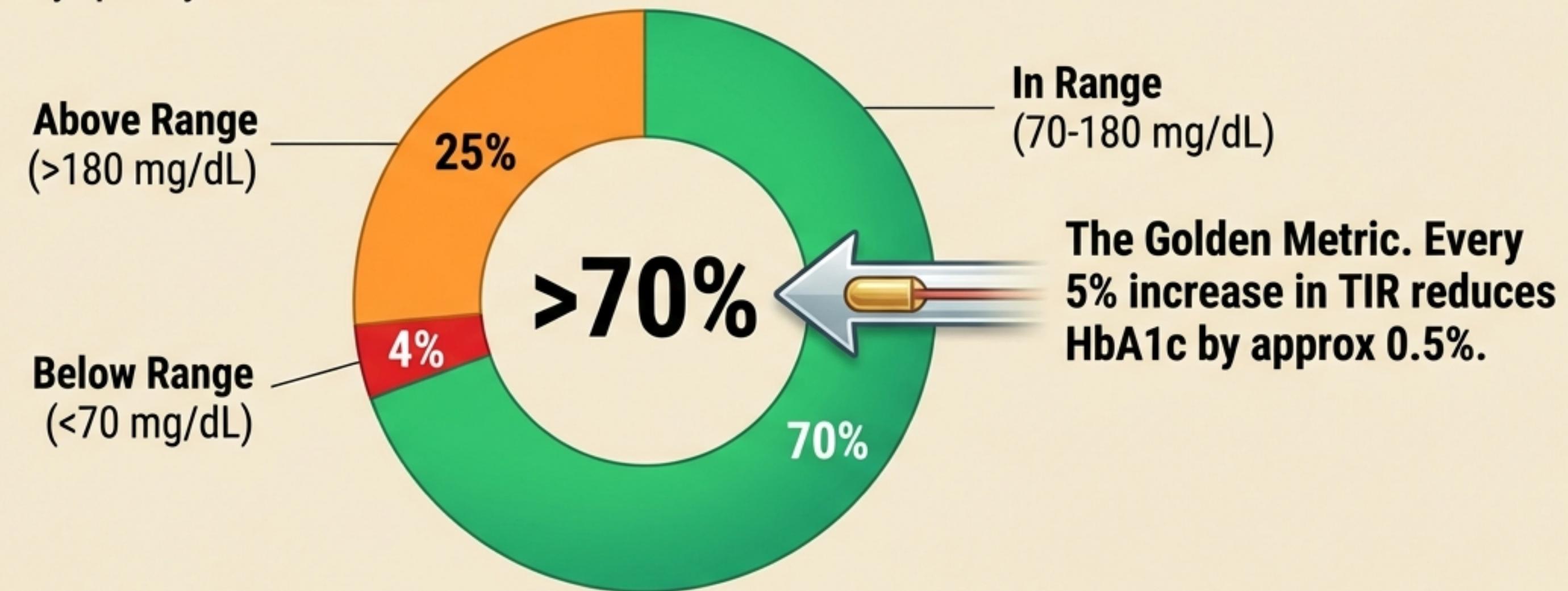
UNDER THE HOOD: THE SENSOR VS. THE FINGER PRICK

CGM	Finger Prick
Readings every 1-5 mins	On-demand snapshots
Shows Trends (Direction)	No Trend Data
Painless	Painful/Invasive

Don't panic if numbers differ. Use a finger prick to verify if symptoms don't match the sensor.

YOUR NORTH STAR: TIME IN RANGE (TIR)

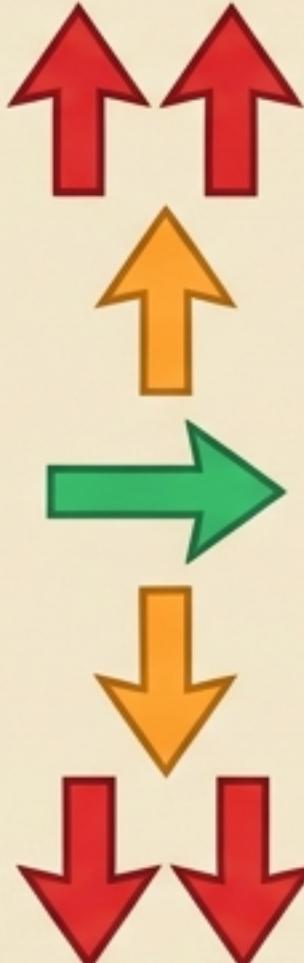
TIR is the percentage of time your glucose stays within the target “Safe Zone” over a 7-14 day period. This is your primary quality of life metric.



Higher TIR means fewer complications and stable energy. It captures the variability that HbA1c misses.

READING THE SPEEDOMETER: TREND ARROWS

Your current number matters less than where you are going. Arrows predict the future.

	Rising Rapidly	>3 mg/dL per min	ACTION: Caution
	Rising	2-3 mg/dL per min	-
	Stable	<1 mg/dL per min	ACTION: Cruise Control
	Falling	2-3 mg/dL per min	-
	Falling Rapidly	>3 mg/dL per min	ACTION: Prepare to treat

→ A reading of **100 mg/dL** with a → arrow, arrow is perfect. A reading of **100 mg/dL** with a ↓↓ arrow is an **impending emergency**.

DEFINE YOUR LANE: STANDARD TARGET RANGES

PROFILE	TARGET RANGE	TIR GOAL
Type 1 & Type 2 Diabetes	70 - 180 mg/dL	>70%
Prediabetes	70 - 140 mg/dL	>85%
Gestational Diabetes	63 - 140 mg/dL	>85%
Older Adults (>65)	70 - 200 mg/dL	>50%

Optimal Daily Targets for Most Diabetics

- Fasting/Pre-meal: 80-130 mg/dL
- 1-2 Hours Post-meal: <180 mg/dL
- Bedtime: 100-150 mg/dL

DIAGNOSTICS: DECODING THE SPIKE (HYPERGLYCEMIA)



Severe: >400 mg/dL
(HIGH RISK - Confusion, nausea)

Moderate: 250-400 mg/dL
(Thirst, frequent urination)

Mild: 180-250 mg/dL
(Low Risk)

The 'Why' List



Food: High refined carbs, large portions of rice/roti.



The Coffee Effect: Black coffee on empty stomach can spike cortisol.



Stress & Sleep: Poor sleep or high stress releases glucose from liver.



Missed Meds: Insufficient insulin or medication.



ALERT: If >250 mg/dL for 24+ hours or ketones present, call the doctor.

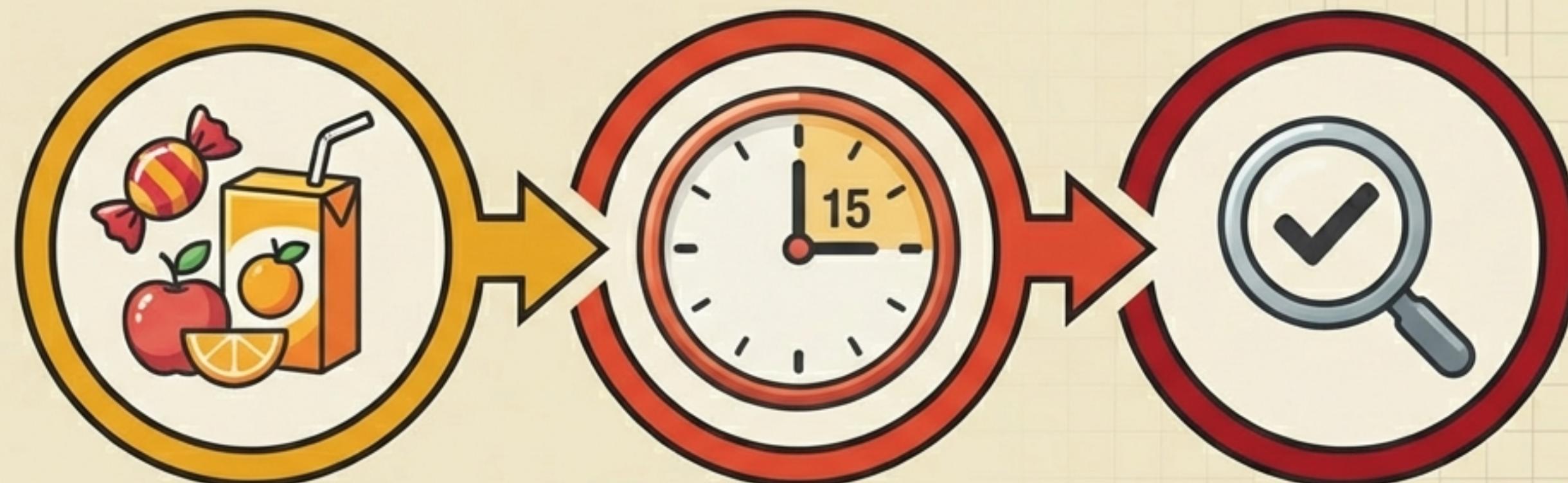
EMERGENCY PROTOCOL: THE DROP (HYPOGLYCEMIA)

ALERT LEVELS

LEVEL 1
(<70 mg/dL):
ALERT

LEVEL 2
(<54 mg/dL):
SERIOUS

LEVEL 3:
ALTERED
CONSCIOUSNESS
📞 **(CALL 102)**



STEP 1: Eat 15g
fast-acting carbs.

STEP 2:
Wait 15 minutes.

STEP 3: Recheck.
Repeat if still <70 .



WHAT IS 15G FAST CARBS?
4 glucose tablets **OR** 1/2 cup juice **OR** 1 tbsp honey.

PATTERN RECOGNITION: IT'S BIOLOGY, NOT A GLITCH

Scenario 1: The Dawn Phenomenon

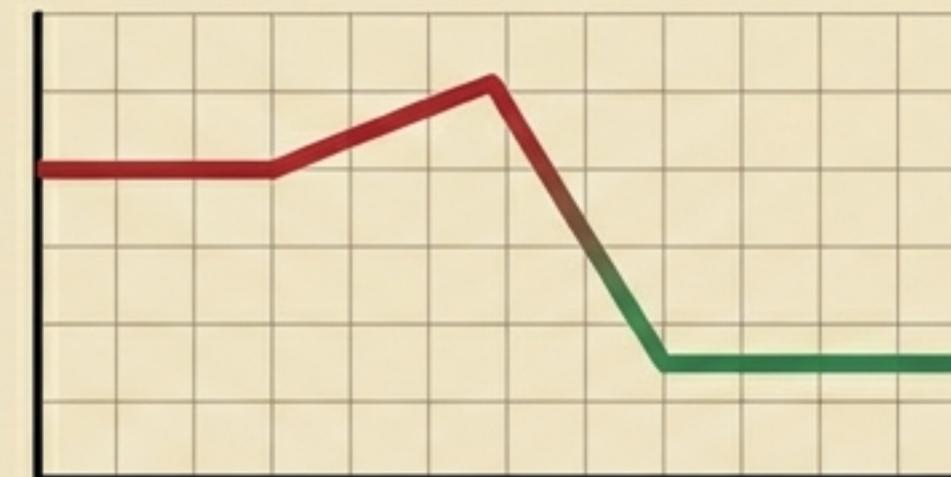


What: Glucose rises early (4-8 AM) without eating.

Why: Liver releases glucose + morning hormones.

Action: Discuss meds with doctor; try protein-rich bedtime snack.

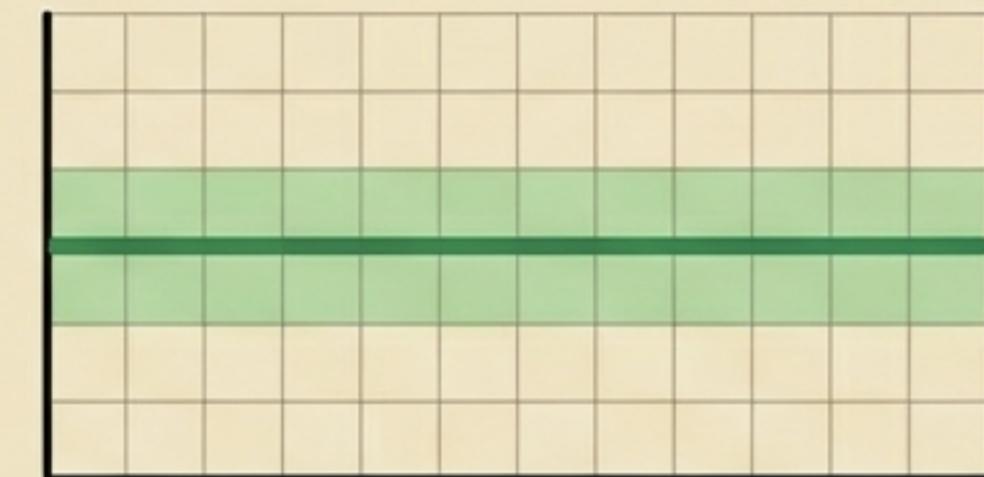
Scenario 2: The Exercise Paradox



Cardio usually drops glucose. Strength training may cause temporary rise (adrenaline).

Action: Time exercise 1-2 hours after meals.

Scenario 3: Overnight Flatline



Goal: A flat line between 90-120 mg/dL.

Fix: If spiking at night, reduce dinner carbs or adjust timing.

NAVIGATING THE INDIAN PLATE

Indian diets can be carb-heavy. The goal isn't elimination, but modification.

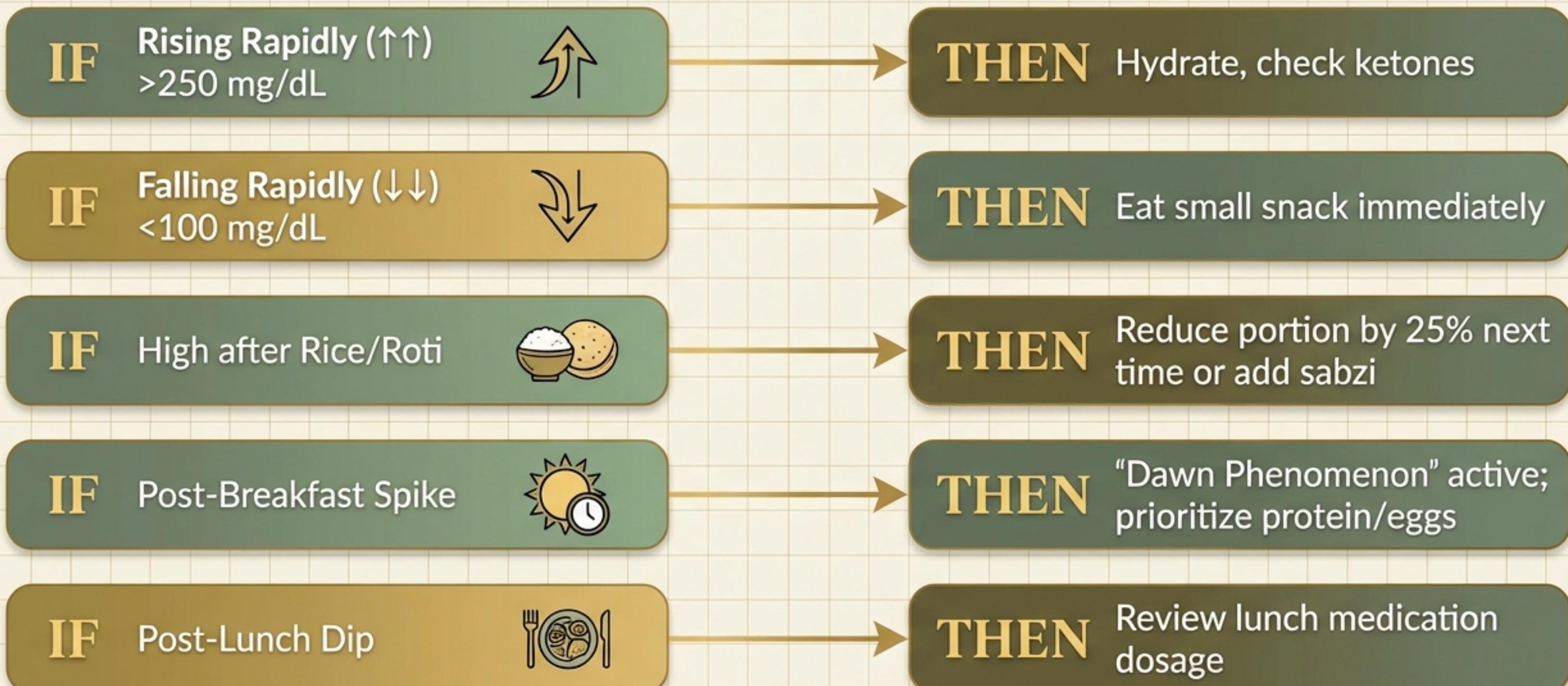


- RICE:** Limit to 1 small katori. Always pair with fiber-rich vegetables.
- ROTI:** Choose whole wheat. Limit to 2 per meal.
- DAL:** Excellent choice! Protein content helps blunt the glucose spike.
- FESTIVALS:** Save sweets for special occasions; eat small portions after a meal.

+ THE SUPER-HACK

THE 10-MINUTE WALK: Walking for just 10 minutes after a meal (especially dinner) significantly flattens the glucose curve.

THE ACTION MATRIX: WHAT TO DO NOW



YOUR DAILY ROUTINE CHECKLIST



Morning

- Check overnight pattern (Did I go low? Was it flat?).
- Note fasting glucose before breakfast.



Noon/Day

- Scan/Check before meals to establish baseline.
- The Peak Check: Check 2 hours after meals (Goal: <180 mg/dL).



Night

- Ensure safe range before bed (100-150 mg/dL).
- Reflect: Did dinner cause a late spike?



Weekly Review

- Check “Time in Range” report. Are you above 70%?

BUYER'S GUIDE: CHOOSING YOUR SENSOR

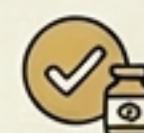
Abbott FreeStyle Libre 2



Best For: Budget & Beginners.



Price: ₹2,500 - ₹3,000 / sensor
(14 days).



Pros: Widely available (Apollo, 1mg), easy to use.

Dexcom G6/G7



Best For: Accuracy & Insulin Users.



Price: ₹8,000 - ₹12,000 / sensor
(10 days).



Pros: Real-time alerts without scanning, gold standard accuracy.

Buying Tips: Available at Apollo Pharmacy, 1mg, Amazon India.

Check corporate insurance coverage. Buy in bulk for better rates.

TOOLKIT & RESOURCES



Doctor Prep

Don't just say 'my sugar is high.' Export your AGP Report for the last 14 days. Highlight specific patterns (e.g., 'I always spike after breakfast').



Key Numbers Recap

- ✓ Target Range: 70-180 mg/dL.
- ✓ TIR Goal: >70%.
- ✓ Hypo Danger: <70 mg/dL.



Mindset

Be curious, not critical. Every reading teaches you something about your body.

IMPORTANT DISCLAIMER

This guide is for educational purposes only and does not constitute medical advice.

CGM readings should be verified with a finger prick before making treatment decisions if symptoms do not match the reading.

Always consult your healthcare provider regarding medication changes, diet, or exercise.

Emergency situations (severe hypoglycemia or hyperglycemia) require immediate medical attention.