TURNING PROBLEMS INTO POSSIBILITIES

A Guide For CGM Users

Developed for community, by community

Diabetes affects everyone differently, and feeling overwhelmed is okay. Let's reframe CGMs as tools to better understand our bodies and support our wellbeing.





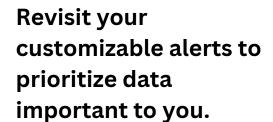
Possibility



My CGM falls off or itches.

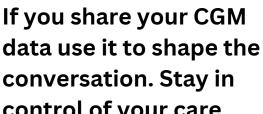


The constant stream of data and alarms can feel like a lot.



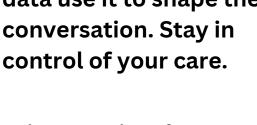


My endo uses my CGM data as a way to scrutinize my diabetes.





CGMs sites are annoying to change.





Pair CGM site changes with something you enjoy to make the process feel less frustrating.



CGMs can make me feel exposed to diabetes judgement.

They can also help me connect with others who have diabetes!



Sharing CGM data with loved ones can feel overwhelming.

You can choose whether to share your CGM. Set clear boundaries about how they can support you.



Created as part of the DAC Research to Action Fellowship. For more information, scan the QR code.





