# Dynamic Glucose Management

# **GAME-SET-MATCH**

Stop Highs

Stay in Target SET Prevent Lows MATCH

## **Stop Highs GAME**

How many

minutes

5

10

15

15

20

25

30

15

20

25

30

40

↑

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↑

 $\uparrow\uparrow$ 

 $\uparrow\uparrow\uparrow$ 

 $\downarrow\downarrow$ 

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↑

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### Stay in Target **SET**

**S** = Start insulin before eating



Glucose from meal

Glucose	Trend arrow			Minutes to bolus
mmoi/L	Libre	Dexcom	Medtronic	before meal
		$\bigcirc$	$\uparrow\uparrow\uparrow$	Prevent hypo
	$\downarrow$	$\bigcirc$	$\downarrow\downarrow$	Prevent hypo
40.50	Ŕ		$\downarrow$	Prevent hypo
4.0 - 5.9	$\rightarrow$	$\bigcirc$		15
	7	O	<b>↑</b>	20
	1	Ô	$\uparrow\uparrow$	25
		٢	个个个	30
		$\bigcirc$	$\uparrow \uparrow \uparrow$	0
	$\downarrow$	$\bigcirc$	$\downarrow\downarrow$	10
	Ŕ		$\downarrow$	15
6.0 - 9.9	$\rightarrow$	$\bigcirc$		20
	7		<b>↑</b>	25
	1	Ô	$\uparrow\uparrow$	30
		$\bigcirc$	$\uparrow\uparrow\uparrow$	35
		$\bigcirc$	$\downarrow \uparrow \uparrow$	15
	$\downarrow$	$\bigcirc$	$\downarrow\downarrow$	20
	Ŕ		$\downarrow$	25
10.0 - 14.0	$\rightarrow$	$\bigcirc$		30
	7	$\bigcirc$	Ŷ	35
	1		$\uparrow\uparrow$	40
		Ó	$\uparrow\uparrow\uparrow$	45
More than 14.0	$\downarrow$	$\bigcirc$	$\downarrow\downarrow$	25
	Ŕ		$\downarrow$	30
	$\rightarrow$			40
	7		↑	45

 $\mathbf{E}$  = Eat three balanced meals T = Ten minutes activity after eating 20 15 10.0 10 3.9 03:00 00:00 06:00 09:00 12:00 15:00 18:00 21:00 00:00 Glucose into the blood 10 6 Balanced meal 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 Time (hrs) 9 5 8 2 3 4 6 7 1 Glucose out of the blood Fast acting insulin standard bolus 15 minutes before eating Moderate activity 10-15 minutes

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 $\uparrow\uparrow$ 

50

# Prevent Lows

#### M = Measure weight to calculate hypo treatment

Weight (kg)	Grams of glucose	Dextrose 3g tablets
10	3	1
20	6	2
30	9	3
40	12	4
50	15	5
60+	18	6





T = Try to prevent lows

C = Change amount according to glucose value & arrow

Glucose	-	Percent		
mmoi/L	Libre	Dexcom	Medtronic	treatment
	$\downarrow$	$\bigcirc$	$\uparrow\uparrow\uparrow$	100%
4.0 - 6.0		$\bigcirc$	$\uparrow\downarrow$	75%
	Ŕ		$\downarrow$	50%
Less than 4.0	$\downarrow$	$\bigcirc$	$\uparrow\uparrow\uparrow$	125%
		$\bigcirc$	$\uparrow\downarrow$	100%
	Ŕ		$\downarrow$	75%
	$\rightarrow$	$\bigcirc$		50%
	7	$\bigcirc$	↑	25%

H = Have patience and wait 20 mins





#### Hypo treatment with sugar



#### Hypo treatment with glucose only



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### **Dynamic Glucose Management** GAME-SET-MATCH

Combine glucose values and trend arrows with proactive diabetes management



- **G** = Glucose time in range desired
- A = Alert on high set accordingly

Time in range desired? 4.0-10.0mmol/L	Set high alert mmol/L	Predicted HbA1c mmol/mol (%)	Daily energy & future health
50%	No alert	64 (8.0)	$\odot$
60%	14.0	58 (7.5)	
70%	12.0	52 (7.0)	$\odot$
75%	11.0	50 (6.8)	$\odot$
80%	10.0	48 (6.5)	$\odot$
85%	9.0	45 (6.2)	$\odot \odot \odot \odot \odot$
90+%	8.0	42 (6.0)	$\odot\odot\odot\odot\odot\odot$

- **M** = Mode of exercise that can be done
- **E** = Exercise when high alert sounds

Glucose	Trend arrow			How many
mmol/L	Libre	Dexcom	Medtronic	minutes
	7	Ĩ	1	5
8.0 - 9.9	↑	Ô	<b>↑</b> ↑	10
		$\bigcirc$	个个个	15
	$\rightarrow$	$\bigcirc$		15
10.0 - 14.0	7		1	20
	↑	Ô	<b>↑</b> ↑	25
		٢	$\uparrow\uparrow\uparrow$	30
	$\downarrow$	$\bigcirc$	$\downarrow\downarrow$	15
More than 14.0	Ŕ		$\downarrow$	20
	$\rightarrow$	$\bigcirc$		25
	7	Ő	1	30
	1	Ô	$\uparrow\uparrow$	40



S = Start insulin before eating

Glucose	Trend arrow			Minutes to bolus
mmol/L	Libre	Dexcom	Medtronic	before meal
		$\bigcirc$	$\uparrow \uparrow \uparrow$	Prevent hypo
	$\downarrow$	Ó	$\downarrow\downarrow$	Prevent hypo
	Ŕ	Q	$\downarrow$	Prevent hypo
4.0 - 5.9	$\rightarrow$			15
	7		↑	20
	1	٢	11	25
		٢	$\uparrow\uparrow\uparrow$	30
			$\downarrow \downarrow \downarrow$	0
	$\downarrow$	$\bigcirc$	$\downarrow\downarrow$	10
	Ŕ	Q	$\downarrow$	15
6.0 - 9.9	$\rightarrow$	$\bigcirc$		20
	7		<b>↑</b>	25
	1	٢	$\uparrow\uparrow$	30
		٢	个个个	35
		$\bigcirc$	$\downarrow \downarrow \downarrow \downarrow$	15
	$\downarrow$		$\downarrow\downarrow$	20
	Ŕ		$\downarrow$	25
10.0 - 14.0	$\rightarrow$			30
	7		<b>↑</b>	35
	1	Ô	<b>^</b>	40
			$\uparrow\uparrow\uparrow$	45
More than	$\downarrow$		$\downarrow\downarrow$	25
	Ŕ	Q	$\downarrow$	30
14.0	$\rightarrow$	$\bigcirc$		40
	7		<b>↑</b>	45
	1	Ô	11	50

**E** = Eat three balanced meals

T = Ten minutes activity after eating





M = Measure weight to calculate hypo treatment

Weight (kg)	Grams of glucose	Dextrose 3g tablets
10	3	1
20	6	2
30	9	3
40	12	4
50	15	5
60+	18	6

- A = Always use glucose only, not sugar
- T = Try to prevent lows
- C = Change amount according to glucose value & arrow

Glucose	Trend arrow			Percent
mmoi/L	Libre	Dexcom	Medtronic	treatment
	$\downarrow$	$\bigcirc$	$\uparrow\uparrow\uparrow$	100%
4.0 - 6.0		$\bigcirc$	$\uparrow\downarrow$	75%
	Ŕ		$\downarrow$	50%
Less than 4.0	$\downarrow$	$\bigcirc$	$\uparrow\uparrow\uparrow$	125%
		$\bigcirc$	$\uparrow\downarrow$	100%
	Ŕ		$\downarrow$	75%
	$\rightarrow$	$\bigcirc$		50%
	7	$\bigcirc$	Ŷ	25%

H = Have patience and wait 20 mins

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