



Dynamic Glucose Management

GAME-SET-MATCH

Stop Highs

GAME

Stay in Target

SET

Prevent Lows

MATCH



Click to watch a video explanation

Stop Highs



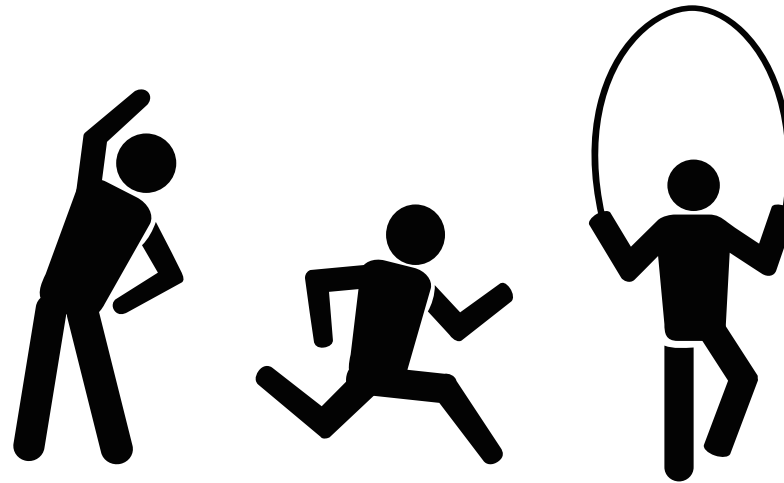
GAME

G = Glucose time in range desired

A = Alert on high set accordingly

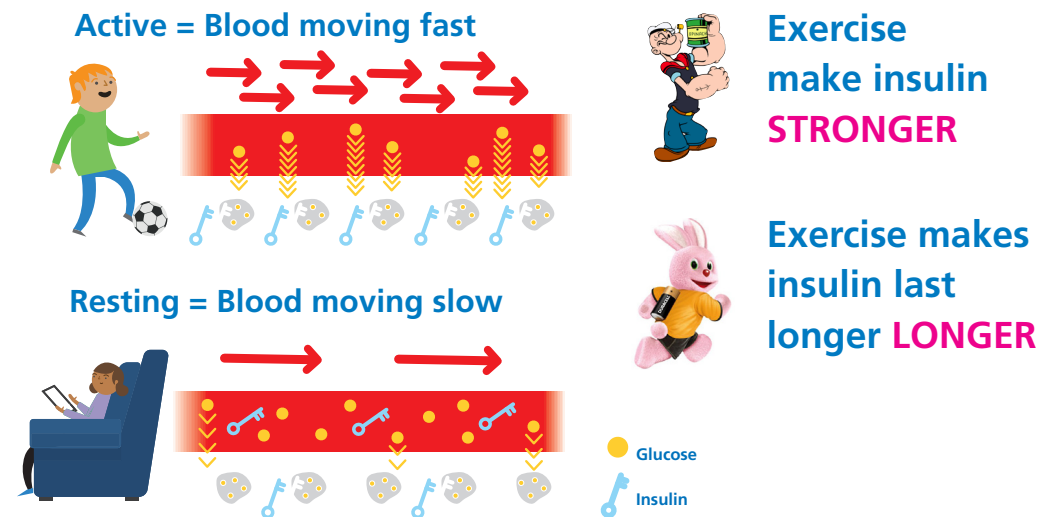
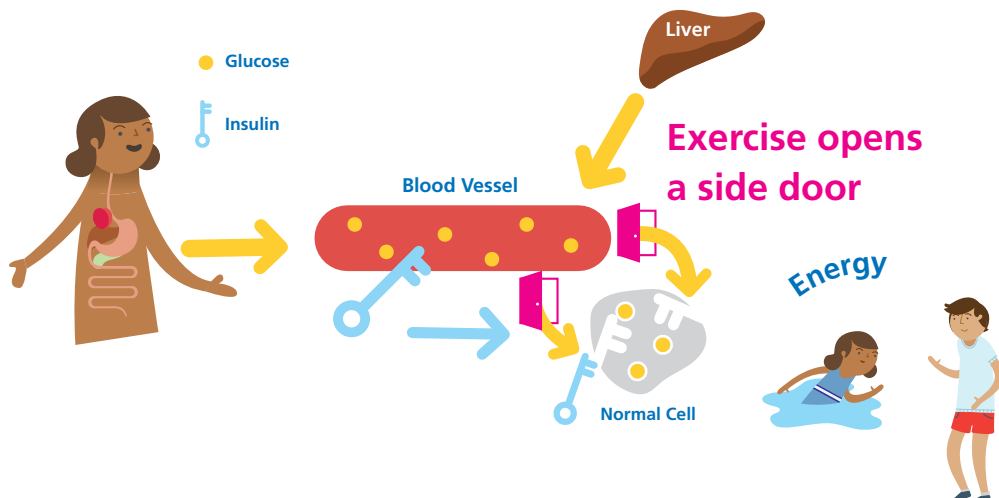
Time in range 4.0-10.0mmol/L	Set high alert mmol/L	Predicted HbA1c mmol/mol (%)	Daily energy & future health
50%	No alert	64 (8.0)	☹️
60%	14.0	58 (7.5)	😞
70%	12.0	52 (7.0)	😊
75%	11.0	50 (6.8)	😊😊
80%	10.0	48 (6.5)	😊😊😊😊
85%	9.0	45 (6.2)	😊😊😊😊😊😊
90+%	8.0	42 (6.0)	😊😊😊😊😊😊😊😊

M = Mode of exercise that can be done anywhere



E = Exercise when high alert sounds

Glucose mmol/L	Trend arrow			How many minutes
	Libre	Dexcom	Medtronic	
8.0 - 9.9	↗	⬆	↑	5
	↑	⬆	↑↑	10
		⬆	↑↑↑	15
10.0 - 14.0	→	⬆		15
	↗	⬆	↑	20
	↑	⬆	↑↑	25
		⬆	↑↑↑	30
More than 14.0	↓	⬆	↓↓	15
	↘	⬆	↓	20
	→	⬆		25
	↗	⬆	↑	30
	↑	⬆	↑↑	40



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Stay in Target



S = Start insulin before eating



Insulin



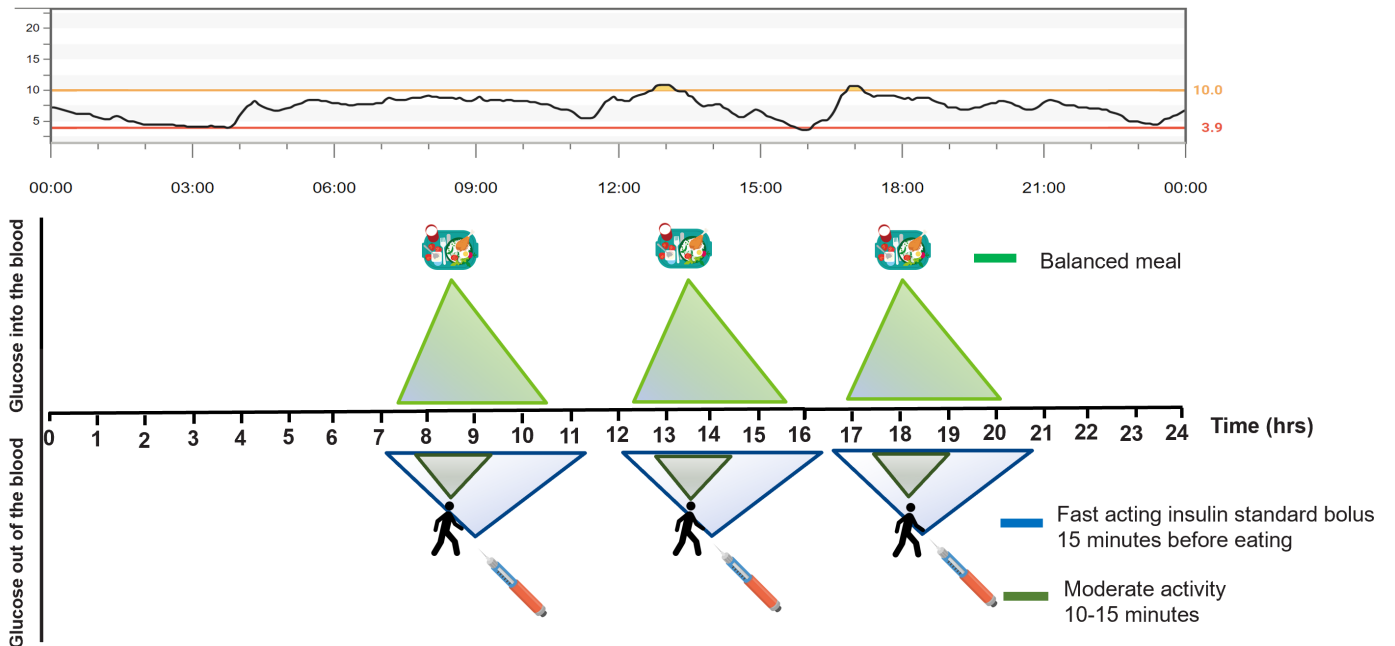
Glucose from meal

Glucose mmol/L	Trend arrow			Minutes to bolus before meal
	Libre	Dexcom	Medtronic	
4.0 - 5.9		●	↓↓↓	Prevent hypo
	↓	●	↓↓	Prevent hypo
	↘	●	↓	Prevent hypo
	→	●		15
	↗	●	↑	20
	↑	●	↑↑	25
6.0 - 9.9		●	↑↑↑	30
		●	↓↓↓	0
	↓	●	↓↓	10
	↘	●	↓	15
	→	●		20
	↗	●	↑	25
10.0 - 14.0	↑	●	↑↑	30
		●	↑↑↑	35
		●	↓↓↓	15
	↓	●	↓↓	20
	↘	●	↓	25
	→	●		30
More than 14.0	↗	●	↑	35
	↑	●	↑↑	40
		●	↑↑↑	45
	↓	●	↓↓	25
	↘	●	↓	30
	→	●		40
	↗	●	↑	45
	↑	●	↑↑	50

E = Eat three balanced meals



T = Ten minutes activity after eating



Click to watch a video explanation

Prevent Lows

MATCH

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

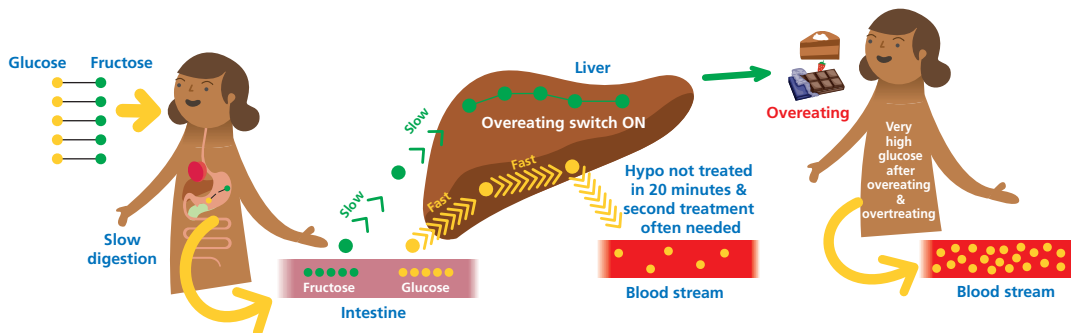
C = Change amount according to glucose value & arrow

Glucose mmol/L	Trend arrow			Percent of hypo treatment
	Libre	Dexcom	Medtronic	
4.0 - 6.0	↓	●	↓↓↓	100%
		●	↓↓	75%
	↘	●	↓	50%
Less than 4.0	↓	●	↓↓↓	125%
		●	↓↓	100%
	↘	●	↓	75%
	→	●		50%
	↗	●	↑	25%

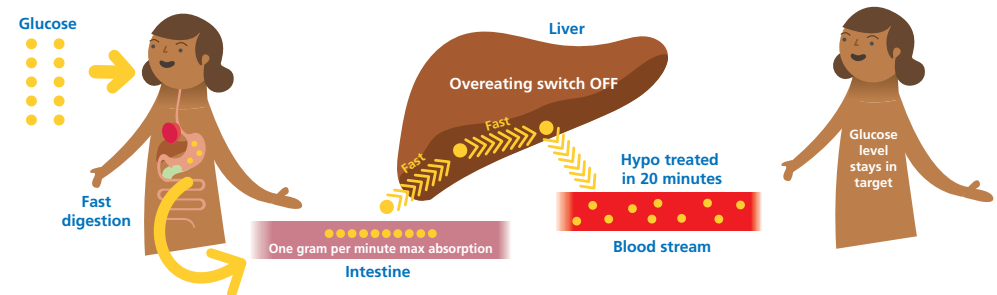
H = Have patience and wait 20 mins



Hypo treatment with sugar



Hypo treatment with glucose only





Dynamic Glucose Management

GAME-SET-MATCH

Combine glucose values and trend arrows with proactive diabetes management



Stop highs GAME



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				15
10.0 - 14.0				15
				20
				25
More than 14.0				30
				30
				30
				30
				30



Stay in target SET



S = Start insulin before eating

Glucose mmol/L	Trend arrow			Minutes to bolus before meal
	Libre	Dexcom	Medtronic	
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				Prevent hypo
				Prevent hypo
				15
				20
				25
6.0 - 9.9				30
				0
				10
				15
				20
				25
10.0 - 14.0				30
				35
				40
				45
				50
				50
More than 14.0				15
				20
				25
				30
				35

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Prevent lows MATCH



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				50%
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