

FreeStyle Libre

PATIENT PROFILE

Male, 20-25 years old

Newly diagnosed with T1D

CLINICAL CASE STUDY

Impact of FreeStyle Libre 2 system on persistent hyperglycemia

Case provided by

Amy Hess Fischl MS, RDN, BC-ADM, CDE

University of Chicago Medicine

Kovler Diabetes Center

Image not of actual patient.

This case study is intended to be used for educational purposes only. Individual symptoms, situations, and circumstances may vary.

T1D= Type 1 diabetes.

Proprietary and confidential — do not distribute. © 2024. Abbott. ADC-39853 v3.0 07/24

The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott.



Image not of actual patient



Abbott

Important Safety Information

Failure to use FreeStyle Libre systems as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If glucose reading and alarms (if enabled) do not match symptoms or expectations, use a fingerstick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or [FreeStyleLibre.us](https://www.FreeStyleLibre.us) for safety info.

Initiating CGM with FreeStyle Libre 2 system



Patient History*

- ➔ **Baseline HbA1c:** 11.3%
- ➔ **Age at diagnosis:** ~20-25
- ➔ **Diabetes therapy regimen:**
 - Newly diagnosed and placed on MDI
- ➔ **Glucose monitoring regimen:**
 - Blood glucose monitoring (BGM) around mealtime



Why CGM?*

Patient and care team concerns:

- ➔ Persistent hyperglycemia
- ➔ Unaware of physical symptoms of hypo- and hyperglycemia
- ➔ Patient aversion to BGM
- ➔ Improved tracking of mealtime dosing
- ➔ Nonadherence to insulin use

“

Now that I see the numbers...OK, I really do need to get with the program.

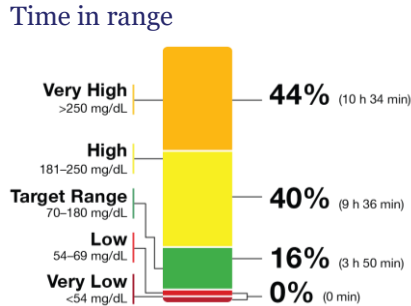
”

Initial Ambulatory Glucose Profile (AGP) Report*

Dec 21, 2020-Jan 3, 2021

Jan 8-21, 2021

GMI	9.0%
Average glucose	239 mg/dL
% Time CGM is Active	100%
Glucose variability	21.8%

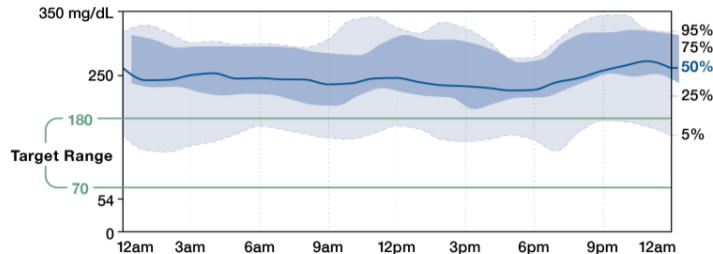


NEW INFORMATION REVEALED BY FREESTYLE LIBRE 2 SYSTEM

Persistent hyperglycemia and being unaware of symptoms

- 84% of time spent in hyperglycemia
- Only 16% of time spent in the target range
- Variability below median is high
- Steep drops in glucose after insulin use (seen in daily glucose profiles)

Ambulatory glucose profile



*Actual patient information.
Proprietary and confidential — do not distribute

Initial CGM reports inspired informed decision-making

Patient Discussion Topics

- Use CGM to understand physical symptoms and improve awareness of hyperglycemia
- Distinguish symptoms caused by true hypoglycemia vs. rapid glucose drops following hyperglycemia
- Patient was congratulated on 100% time CGM was active

Treatment Plan Adjustments

- Increased adherence to insulin use based on CGM
- Use real-time alarms* to monitor hyperglycemia and true hypoglycemia
- Use insulin to correct and prevent hyperglycemia



Patient Plan

- Use CGM readings to guide insulin use and nutrition therapy
- Use insulin appropriately to control high glucose

*Notifications will only be received when alarms are turned on and the sensor is within 20 feet of the reading device.

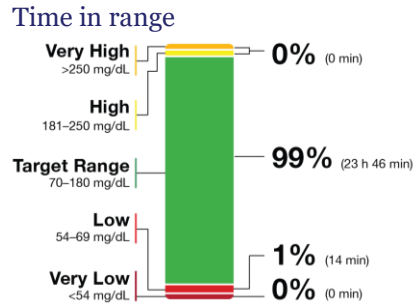
CLINICAL CASE STUDY – IMPACT ON PERSISTENT HYPERGLYCEMIA

3-week AGP Report*

Dec 21, 2020-Jan 3, 2021

Jan 8-21, 2021

GMI	5.9%
Average glucose	109 mg/dL
% Time CGM is Active	62%
Glucose variability	21.8%

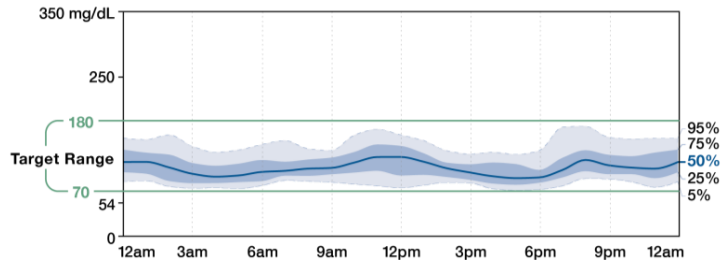


NEW INFORMATION REVEALED BY FREESTYLE LIBRE 2 SYSTEM

Resolution of hyperglycemia with some new episodes of hypoglycemia

- Average glucose dropped by 130 mg/dL¹
- Increased time in range to 99%
- New episodes of hypoglycemia

Ambulatory glucose profile



*Actual patient information.

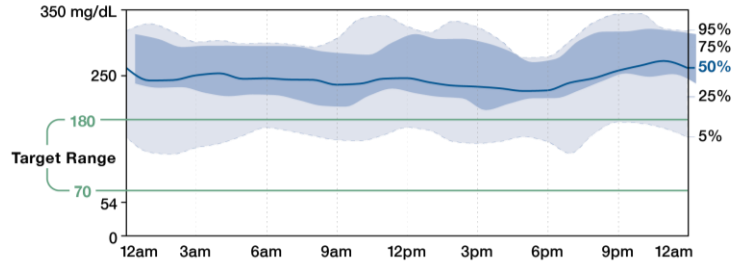
1. Data on file. Abbott Diabetes Care.

Proprietary and confidential — do not distribute

Resolution of persistent hyperglycemia in 3 weeks*

INITIAL REPORT

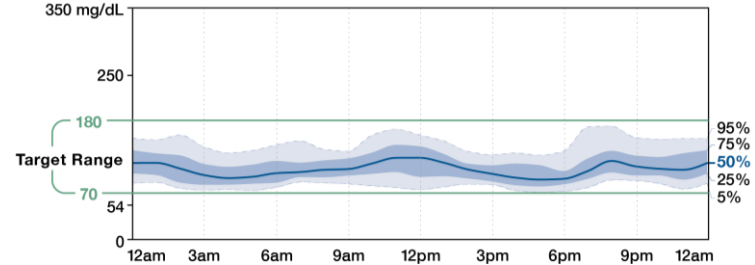
Dec 21, 2020-Jan 3, 2021



Initial report showed uncontrolled hyperglycemia likely exacerbated by patient's unawareness of physical symptoms of hyperglycemia

3-WEEK REPORT

Jan 8-21, 2021



3-week post-CGM initiation report showed resolution of hyperglycemia with some new episodes of hypoglycemia

*Results are consistent with data from the clinical study.
Proprietary and confidential — do not distribute

Resolution of hyperglycemia with FreeStyle Libre 2 system

RESULTS ACHIEVED IN THIS PATIENT NEWLY DIAGNOSED WITH T1D WITH AN AVERSION TO BGM



3.1%

Total reduction in GMI¹

9.0% baseline to 5.9% within 3 weeks



99%

Time in range

From 16% at baseline



FreeStyle Libre 2 monitoring was key to helping the patient recognize true hypoglycemia and resolve hyperglycemia*



FreeStyle Libre 2 glucose data provided a greater understanding of how to quickly bring glucose under control by guiding insulin use and nutrition therapy*



Motivation to continue to use CGM and real-time glucose alarms[†] to help prevent hypoglycemia*

*Based on assessment and input from patient's healthcare provider. †Notifications will only be received when alarms are turned on and the sensor is within 20 feet of the reading device.

1. Data on file. Abbott Diabetes Care.

Proprietary and confidential — do not distribute



Abbott