



Use of Continuous Glucose Monitoring (CGM) as Wellbeing Tool

Background

According to research only 12% of Americans are metabolically healthy, and recent evidence suggests it may even be less than that. This means that the majority of Americans have some level of metabolic dysfunction, which is linked to faster aging and chronic diseases.

Your metabolism generates and processes the body's energy from the food and drink you consume. When it's out of whack, it can create both short and long-term consequences for your health, affecting the length and quality of your life. Good metabolic health is defined as having optimal levels of blood glucose, triglycerides, high-density lipoprotein cholesterol, blood pressure, and waist circumference, without the need for medications.

Glucose is a key component of metabolism and optimal levels can improve all aspects of metabolic health. Hyperglycemia (too much blood glucose in the body), insulin resistance, pre-diabetes and diabetes are alarmingly prevalent in the U.S. and many Americans are unaware that they have one or more of these conditions. Not only are 88% of Americans metabolically unhealthy, more than 100 million U.S. adults are now living with diabetes or pre-diabetes.

Our current healthcare system limits early detection because a person can have insulin resistance (when your body resists the effects of insulin and can't easily use glucose from your blood) years before their blood sugars (BS) become abnormal (fasting >100, HbA1c > 5.7%). In addition, fasting BS levels of 91-99 increases risk of developing diabetes 3-fold compared to fasting levels below 91. The current system also doesn't detect glucose variability, which is the spikes and crashes occurring throughout the day. Studies show that frequent blood sugar spikes over time are associated with poor health outcomes. Regulating glucose is important for everyone, not just diabetics, since type 2 diabetes and other chronic diseases are largely preventable! Long term effects of blood sugar dysregulation have been linked to conditions such as: PCOS (polycystic ovarian syndrome), infertility, cardiovascular disease, cancer, stroke, Alzheimers and dementia, kidney disease, type 2 diabetes, and worse outcomes from flu, pneumonia, and covid-19. Short-term effects include but are not limited to gut problems, eczema, acne, hunger, cravings, fatigue, brain fog, migraines, poor sleep, and a weakened immune system.

Continuous Glucose Monitoring

CGM is a small device placed on the back of your upper arm that connects to an app on your phone. It continually monitors your blood sugars which are displayed on your phone. It can be used as a learning opportunity to see which foods cause glucose spikes and how food and lifestyle choices affect your health.

Benefits of continuous glucose monitoring

-Discover how healthy you are: See if your blood sugars stable and within normal range.

-Awareness: The app enables you to input your meals and snacks so you can see what different foods do to your blood sugar. You may discover that you eat more sugar and starch

than you thought. Tap into how you feel after any spikes. Did you have a heavy lunch that created a large spike then feel your afternoon energy dip? Learn your individual response to food and activity and make real time changes. You might discover that foods that are marketed as “healthy” may not be the best for you.

-Personal Empowerment: CGM empowers you to understand your own body and make decisions about yourself in the face of a healthcare and food system that is not proactive about metabolic health.

-Early detection: 88 million Americans have pre-diabetes and the majority are *unaware*. Insulin resistance (cells become numb to insulin) can be going on in the body for over 10 years before the labs in your doctor’s office are abnormal. Troubleshoot before you have problems with blood sugar.

-Inspires behavior change: Make better decisions about food, sleep, and activity.

-Discover your blood sugar variability:

Learn to avoid the side effects that go with spikes and crashes, such as mood changes and fatigue. Learn to flatten the curves to improve your short and long-term health.

Benefits of stable blood sugar

- Weight loss if it’s needed
- More energy
- Better sleep
- Mood stability
- Lower chronic disease risk
- Boost productivity
- Promotes overall wellbeing
- Improves all aspects of metabolic health

Get started

CGM can be used with any of my health coaching packages to help educate yourself about your body and inspire behavior change.

You will be able to see your blood sugars in real time and see how your body responds to food and activities. You can make changes in your day-to-day habits to improve your short and long-term health.

Together we will review and discuss your glucose graphs and help you understand what your data means. We will review factors that influence blood sugar, discuss tips to improve blood sugar, optimal blood sugar ranges, what happens to your body during BS spikes, and potential behavior changes you can implement to impact your blood sugar favorably (e.g., food choices, movement, stress reduction, and sleep).

Regulating glucose is important for everyone, not just diabetics. You may not know how much you are negatively impacting your BS until you can see it in real time. Knowledge is empowering!

If interested, call or email to reach out:
cindy@bergenpeakwellness.com
720-318-5874

