GNL

Dynamic Glucose Management

GAME-SET-MATCH

Stop Highs	Stay in Target	Prevent Lows
GAME	SET	MATCH

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Stop Highs

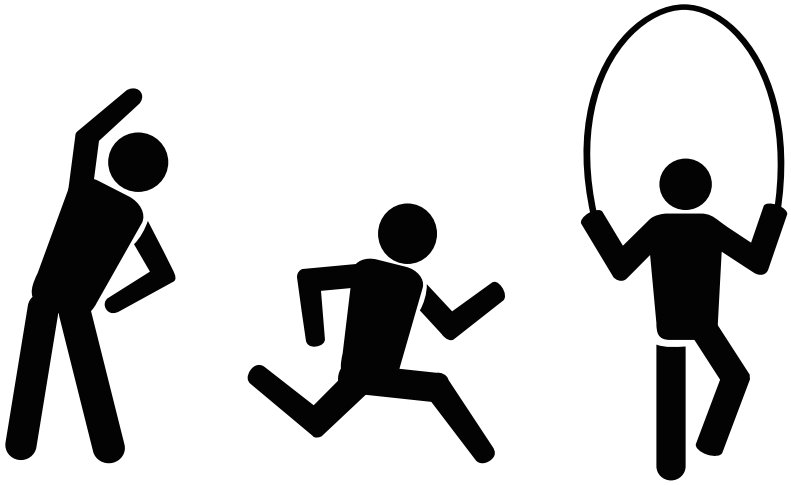
GAME

G = Glucose time in range desired

A = Alert on high set accordingly

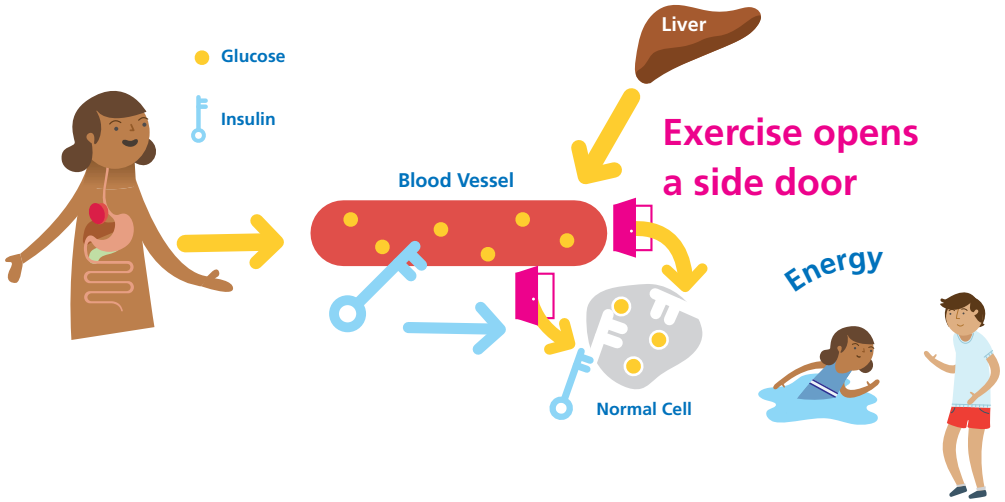
Time in range (4.0-10.0mmol/L or 70-180mg/dL)	Set high alert mmol/L (mg/dL)	Predicted HbA1c mmol/mol (%)	Daily energy & future health
50%	No alert	64 (8.0)	☹
60%	14.0 (250)	58 (7.5)	😐
70%	12.0 (215)	52 (7.0)	🙂
75%	11.0 (200)	50 (7.2)	🙂🙂
80%	10.0 (180)	48 (6.5)	🙂🙂🙂
85%	9.0 (160)	45 (6.2	🙂🙂🙂🙂
90+%	8.0 (145)	42 (6.0)	🙂🙂🙂🙂🙂

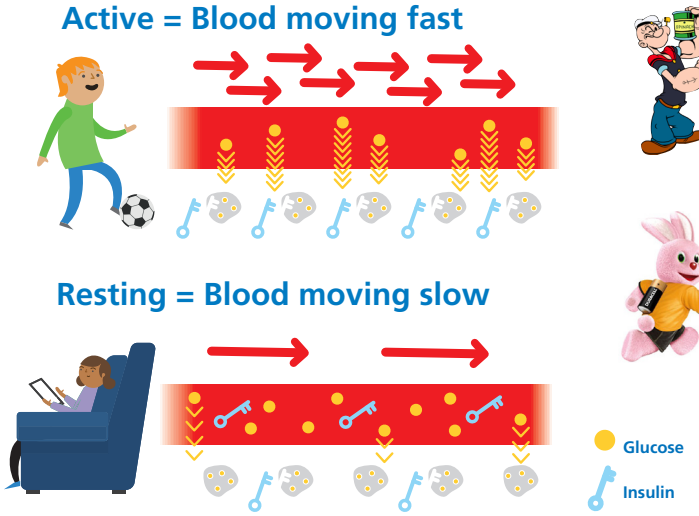
M = Mode of exercise that can be done anywhere



E = Exercise when high alert sounds

Glucose mmol/L mg/dL	Trend arrow			How many minutes
	Libre	Dexcom	Medtronic	
8.0 - 9.9 145 - 179	↗		↑	5
	↑		↑↑	10
			↑↑↑	15
10.0 - 14.0 180 - 250	→			15
	↗		↑	20
	↑		↑↑	25
			↑↑↑	30
More than 14.0 250	↓		↓↓	15
	↘		↓	20
	→			25
	↗		↑	30
	↑		↑↑	40





Exercise make insulin STRONGER

Exercise makes insulin last longer LONGER

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Stay in Target

SET

S = Start insulin before eating

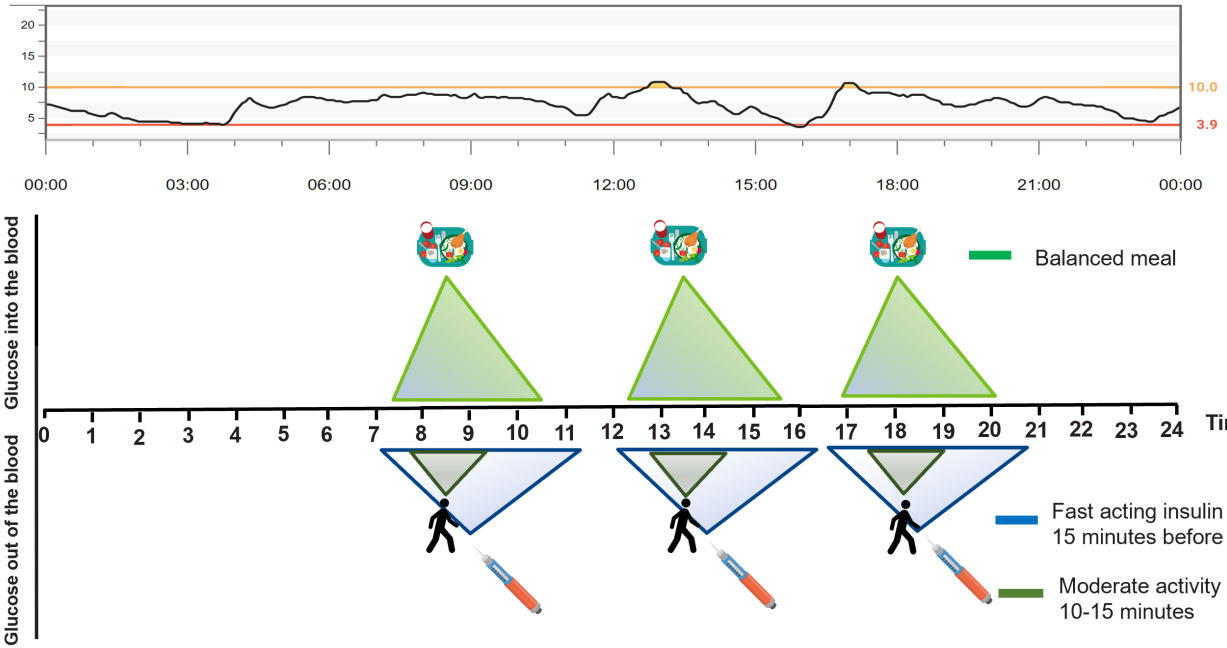
Insulin

Glucose from meal

Glucose mmol/L mg/dL	Trend arrow			Minutes to bolus before meal
	Libre	Dexcom	Medtronic	
4.0 - 5.9			↓↓↓	Prevent hypo
70-109	↓		↓↓	Prevent hypo
	↘		↓	Prevent hypo
	→			15
	↗		↑	20
	↑		↑↑	25
			↑↑↑	30
6.0 - 9.9			↓↓↓	0
110-179	↓		↓↓	10
	↘		↓	15
	→			20
	↗		↑	25
	↑		↑↑	30
			↑↑↑	35
10.0 - 14.0			↓↓↓	15
180 - 250	↓		↓↓	20
	↘		↓	25
	→			30
	↗		↑	35
	↑		↑↑	40
			↑↑↑	45
More than 14.0	↓		↓↓	25
250	↘		↓	30
	→			40
	↗		↑	45
	↑		↑↑	50

E = Eat three balanced meals

T = Ten minutes activity after eating



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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

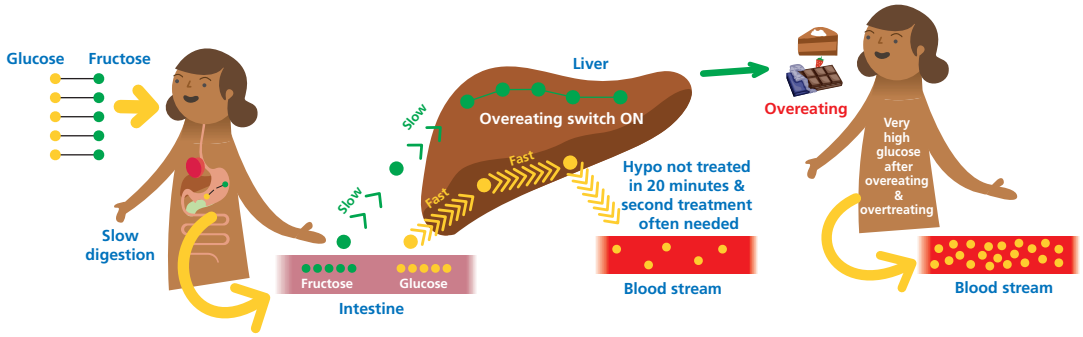
T = Try to prevent lows

C = Change amount according to glucose value & arrow

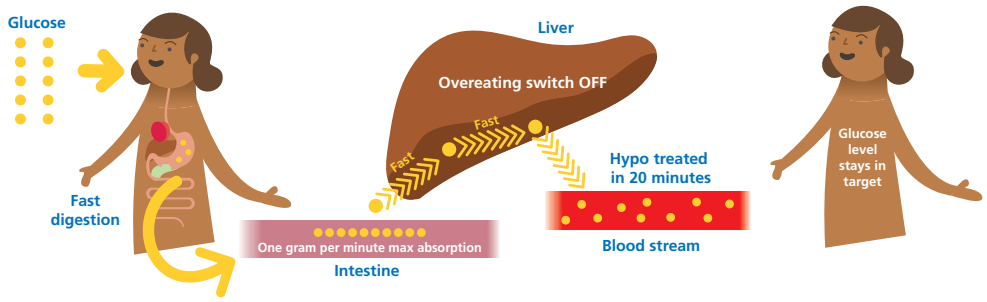
Glucose mmol/L mg/dL	Trend arrow			Percent of hypo treatment
	Libre	Dexcom	Medtronic	
4.0 - 6.0	↓		↓↓↓	100%
70 - 110			↓↓	75%
	↘		↓	50%
Less than 4.0	↓		↓↓↓	125%
70			↓↓	100%
	↘		↓	75%
	→			50%
	↗		↑	25%

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

Stop highs
GAME

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A = Alert on high set accordingly

Time in range desired? (4.0-10.0mmol/L or 70-180mg/dL)	Set high alert mmol/L (mg/dL)	Predicted HbA1c mmol/mol (%)	Daily energy & future health
50%	No alert	64 (8.0)	☹
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M = Mode of exercise that can be done

E = Exercise when high alert sounds

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	↑		↑↑	10
			↑↑↑	15
10.0 - 14.0 / 180 - 250	→			15
	↗		↑	20
	↑		↑↑	25
			↑↑↑	30
More than 14.0 / 250	↓		↓↓	15
	↘		↓	20
	→			25
	↗		↑	30
	↑		↑↑	40

Stay in target
SET

S = Start insulin before eating

Glucose mmol/L mg/dL	Trend arrow			Minutes to bolus before meal
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4.0 - 5.9 / 70-109			↓↓↓	Prevent hypo
	↓		↓↓	Prevent hypo
	↘		↓	Prevent hypo
	→			15
	↗		↑	20
	↑		↑↑	25
			↑↑↑	30
6.0 - 9.9 / 110-179			↓↓↓	0
	↓		↓↓	10
	↘		↓	15
	→			20
	↗		↑	25
	↑		↑↑	30
			↑↑↑	35
10.0 - 14.0 / 180 - 250			↓↓↓	15
	↓		↓↓	20
	↘		↓	25
	→			30
	↗		↑	35
	↑		↑↑	40
			↑↑↑	45
More than 14.0 / 250	↓		↓↓	25
	↘		↓	30
	→			40
	↗		↑	45
	↑		↑↑	50

E = Eat three balanced meals

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Prevent lows
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	↘		↓	50%
Less than 4.0 / 70	↓		↓↓↓	125%
			↓↓	100%
	↘		↓	75%
	→			50%
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