MANAGING PRE-DIABETES/INTERMEDIATE HYPERGLYCAEMIA (IH) & TYPE 2 DIABETES (T2D) 2026

PODCAST & INFOGRAPHIC

The use of Continuous Glucose Monitoring (CGM) in pre-diabetes/IH, T2D and Obesity

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Overview

Continuous glucose monitoring (CGM) can be used to assist people who are likely to develop type 2 diabetes (T2D), such as those with prediabetes/intermediate hyperglycaemia (IH) or are living with obesity, or women with polycystic ovarian syndrome (PCOS) [Tao, 2011] by supporting behavioural change and improving glycaemic control. CGM technology can significantly improve the rate and timing of detection of dysglycaemia [Battelino, 2025] and provide a comprehensive assessment of glycaemic control [Bergenstal, 2024]. Although CGM is the standard of care for people with type 1 diabetes (T1D), there is increasing evidence supporting its use in the care of people with T2D including those on insulin therapy or other non-intensive treatment regimens [Ajjan, 2024; Ajjan, 2024] by enabling them to adjust their medication, diet and lifestyle when needed [Battelino, 2025]. This technology is now part of the international initiatives to help raise awareness of the links between obesity, IH and T2D, and part of the recommendations to help prevent and manage these disease states [Battelino, 2025].

Learning Objectives

At the end of the activity, learners should be able to:

1. Understand that CGM can improve the rate and timing of dysglycaemia (IH/T2D) detection.
2. Be aware that CGM real-time data may allow individualised interventions to help prevent disease progression.

Target Audience

HCPs managing patients with T2D including clinicians involved in endocrinology, particularly diabetes, pre-diabetes/IH; obesity management and general practice; some content of interest to vascular specialists and cardiologists.

Language

English with voice-over into Spanish and Chinese.

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Programme

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