Continuous glucose monitoring

A unique insight into how foods/ingredients/simple dietary changes can favourably alter blood glucose profile.

CGM is a less invasive technique for measuring blood glucose levels. The technique records (interstitial) glucose levels every five minutes, allowing us to see glycaemic excursions over a longer period of time (e.g. 72 hours vs 2 hours for a standard glucose test). We have used CGM in the past to examine how much different foods/ingredients/diets can reduce 24-hour blood glucose response. This can inform us how simple dietary modifications may favourably alter the blood glucose profile and have a positive impact on blood glucose control, important for those with diabetes or pre-diabetes.

Summary

- Provides a detailed blood glucose profile over a longer period of time.
- Shows to what extent different foods/dietary interventions can favourably impact blood glucose control.
- Allows the participant/patient to continue daily life and activities, uninterrupted.

For further information, please contact Dr Helen Lightowler (hlightowler@brookes.ac.uk) or see OxBCNH: https://www.brookes.ac.uk/shssw/nutrition/research/oxbcnh/services/