Individualized Diabetes Education Assisted by CGM (IDEA-CGM)

Status: Recruiting

Eligibility Criteria

Sex: Male or Female
Age Group: 18 years and over
This study is NOT accepting healthy volunteers

Inclusion Criteria:

1. At least 18 years of age 2. Diagnosis of type 2 diabetes mellitus 3. Hemoglobin A1c of 6.8 – 8.5 % 4. Stable medications for diabetes for at least 3 months prior to enrollment, with no plans to change medications or doses during the intervention period

Exclusion Criteria:

1. Type 1 diabetes mellitus 2. Treatment with insulin, sulfonylurea, or meglitinide 3. Use of a non-diabetes medication affecting blood glucose (e.g. corticosteroid) 4. BMI < 25 kg/m2, or <23 kg/m2 for participants who self-identify as Asian 5. Weight change > 5 pounds in the 3 months prior to study enrollment 6. Estimated glomerular filtration rate <60 ml/minute/1.73 m2 7. Pregnant or breastfeeding 8. Anemia 9. Changes to diabetes medications, including change in dose, in the 3 months prior to enrollment 10. Presence of any disease that would make adherence to the protocol difficult

Conditions & Interventions

Interventions:
Behavioral: Blinded CGM/No Nutrition Therapy, Behavioral: Blinded CGM/Nutrition Therapy, Behavioral: Unblinded CGM/No Nutrition Therapy, Behavioral: Unblinded CGM/Nutrition Therapy
Conditions:
Diabetes & Endocrine
Keywords:
blood glucose, blood sugar, continuous glucose monitor (CGM), Diet, nutrition

More Information

Description: This project will compare medical nutrition therapy personalized by continuous glucose monitor (CGM) feedback to control interventions in participants with type 2 diabetes mellitus (T2DM).
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Phase: NA
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