

Myths and Facts

Continuous Glucose Monitors and Insulin Pumps for Type 1 Diabetes

Myth: *Technology will solve all my diabetes challenges*

Fact: Technology is a helpful tool, but it works best when combined with your knowledge of your own body and good diabetes education. Technology does not eliminate all the challenges, and you will still need to work with your health care team making decisions about food, exercise, and insulin dosing.

Myth: *My blood glucose levels will be perfect with a CGM and a pump!*

Fact: While CGMs and insulin pumps are fantastic tools for managing diabetes, they can't guarantee perfect blood glucose levels. Your body is affected by many things that can make your glucose levels go up and down, such as illness, hormones, stress and activity.

Myth: *I need to be good with technology to use CGMs and insulin pumps*

Fact: With a little practice, most tamariki and adults find CGMs and pumps easy to use. The devices are made to be friendly. Your diabetes health care team and pump companies will teach you everything step by step, and help support with questions or problems.

Continuous Glucose Monitors (CGMs)

Myth: *CGMs are painful to use*

Fact: CGMs use a tiny sensor under the skin that most people find comfortable. It's much less painful than finger pricks. They also only need to be changed and re-inserted about every 10 days!

Myth: *CGMs are complicated to use*

Fact: While there's a learning curve, many find CGMs easy to use once they get the hang of it. Some can even send readings to your phone!

Myth: *CGMs replace all finger prick checks*

Fact: CGMs reduce the need for finger pricks, but you may still need to do some to check accuracy or during times of rapid blood glucose changes.

Myth: *CGMs readings are always identical to finger prick blood glucose readings*

Fact: CGMs measure glucose levels under your skin, while finger pricks measure it in your blood, so there can be small differences, but both help you take good care of your diabetes.

Insulin Pumps

Myth: *Insulin pumps are only for people who can't manage injections*

Fact: Pumps can benefit many people with type 1 diabetes, not just those struggling with injections. They offer more precise insulin delivery.

Myth: *Inserting pump needles is painful*

Fact: The discomfort is similar to an insulin injection but only once every 3 days, and many people find it less painful than daily insulin injections.

Myth: *You can't play sports or swim with an insulin pump*

Fact: Most modern pumps are waterproof or water-resistant. You can disconnect the pump for short periods during activities.

Myth: *Insulin pumps automatically manage your diabetes*

Fact: While pumps can make management easier, you still need to input information about food and activities. Some advanced systems (combined with CGM) can adjust insulin automatically, but still need your input.

Myth: *Pumps are too visible and draw attention and will interfere with my lifestyle*

Fact: Modern pumps are small and discreet, and can be easily hidden under clothing. Many people find they can manage their lifestyle more easily with a pump.

General Facts

- Both CGMs and insulin pumps can help improve blood glucose levels and quality of life for many people with type 1 diabetes.
- It's normal to need time to adjust to using these devices. Your diabetes health care team is here to support you!
- Not everyone chooses to use CGMs or pumps, and that's okay. There are many ways to manage type 1 diabetes successfully.

***Remember, every person's experience with diabetes is unique.
Talk to your health care team about whether CGMs or insulin pumps might be
right for you or your child.***