



NEW METRIC (THE GLYCEMIA RISK INDEX) FOR ASSESSING THE QUALITY OF GLYCEMIA OF A CONTINUOUS GLUCOSE MONITOR TRACING IS PUBLISHED

March 29, 2022 – Burlingame, CA – Diabetes Technology Society today announced the publication of an article presenting a new actionable metric for describing the quality of glycemia in a continuous glucose monitor tracing in *Journal of Diabetes Science and Technology*. The article is entitled *A Glycemia Risk Index (GRI) of Hypoglycemia and Hyperglycemia for Continuous Glucose Monitoring Validated by Clinician Ratings*. The authors include 92 of the world’s leading diabetes and statistics experts from all six continents. The GRI is based on the opinions of the quality of glycemia of 330 experienced international clinicians who reviewed 225 CGM tracings. The GRI score correlates more closely with the expert opinions than other CGM metrics, such as Time in Range. The GRI can be used to 1) assess how well a patient is doing over time, 2) manage a population, and 3) predict outcomes in intervention studies.

“We are starting to see a dramatic expansion in the use of continuous glucose monitoring outside of the traditional indication as a technology for adults and children with type 1 diabetes and intensively treated type 2 diabetes. Increasingly, non-specialists will have access to CGM data and therefore there is a need for novel approaches to understanding CGM data that can be used by the non-specialist. The Glycemic Risk Indicator fulfills that need and is a major step-forward in the use of CGM to support individuals and their families living with diabetes in all of its forms,” said David Kerr, MD, Director of Research and Innovation at the Sansum Diabetes Research Institute in Santa Barbara, California.

“Glycemic Risk Index, is a single score composed of various CGM metrics that clinicians take into account to assess the quality of glycemic control for patients with diabetes. Clinicians are used to composite scores to predict the risk for certain diseases (e.g. cardiovascular risk calculator) or to make therapeutic decisions (e.g. treatment of osteoporosis based on FRAX score) and therefore, GRI score is a most welcome step to assess quality of glycemic control in patients with diabetes. The use of GRI in clinical trials or real-life studies would be easy to implement and may provide direction of change in quality of control with different newer therapies for managing diabetes,” said Viral Shah, MD, Associate Professor of Medicine at the Barbara Davis Center for Diabetes and the University of Colorado Anschutz Medical Center in Aurora, Colorado.

“The Glycemic Risk Index (GRI) is a unique tool to assist the HCP in charting a patient’s glycemic journey while providing insights on adjustments to therapy not obvious from the A1c or Time In Range. It not only serves as an early warning indicator for glycemic control, it informs the clinician and patient where to start to adjust therapy. The GRI is a great addition to our toolkit,” said Eugene E. Wright, Jr. MD, Medical Director, Performance Improvement at the Charlotte Area Health Education Center in Charlotte, North Carolina.

AVAILABILITY

“A Glycemia Risk Index (GRI) of Hypoglycemia and Hyperglycemia for Continuous Glucose Monitoring Validated by Clinician Ratings” is available at <https://journals.sagepub.com/doi/full/10.1177/19322968221085273>.

The GRI Calculator to determine the GRI of an individual patient or a population of patients is available at www.diabetestechology.org/gri.