



Patient Care + Research + Clinical Trials

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## **CGM, the Artificial Pancreas & Nightscout**

### **The 2020 diabetes revolution**

In 2018 with the arrival in Canada of [continuous glucose monitors](#) (CGM) a diabetes revolution began. CGM meant no more finger pricking, no fear of going low overnight; vastly improved glucose control and a future without the dreaded long-term complications of diabetes.

The revolution continued in early 2020 with the [artificial pancreas](#) being made possible through integration of CGMs with the latest insulin pumps through software known as [Loop](#). The [artificial pancreas](#) means no longer having to calculate the insulin dose - your smartphone takes the current glucose from your CGM and instructs your insulin pump exactly the right dose to give.

The 2020 diabetes revolution was complete with [Nightscout](#), fabulous software that seamlessly connects your real-time (immediate) CGM data with your diabetes team & loved ones.

[Nightscout](#) means that you will never be alone with your diabetes and can get advice on the fly from your doctor. Nightscout is not available yet in app stores: [you can build it painstakingly yourself in 4-6 hours](#) or get it immediately at no charge by [becoming a BCDiabetes client](#).

To learn more about the 2020 Diabetes revolution brought about by CGM, the Artificial Pancreas and Nightscout email [BCDiabetes](#) or contact your diabetes specialist.

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