

Modern management of diabetes , both type 1 and type 2 , is not possible without glucose monitoring.

We have ,over the years, moved from qualitative methods for identifying sugars in urine, to quantify glucose alone in the interstitial tissue. Even more, we are now able to identify and use glucose fluctuations over time and use these to avoid the dangers of hypoglycemia. The impact on parameters of glucose control, quality of life, and hopefully development of diabetes complications is a measurable effect.

We look shortly at the development of glucose monitoring methods and transition to continuous glucose monitors . Basic principles of function, advantages , disadvantages, as well as areas of actual and projected use will be mentioned.

Recommendations for glucose monitoring with focus on patient groups that could profit most will be discussed.

Continuous glucose monitoring and the concept of glucose control as a continuum will be emphasizes.