Continuous glucose monitoring technologies provide information on glucose concentrations, direction and rate of change of glucose, and enable the analysis of historical trends. Real-time devices include alerts and alarms for rapid changes in glucose and for concentrations outside of specified ranges.

Clinical data suggest that continuous glucose monitoring can improve overall glucose control, as measured by glycated haemoglobin, and can reduce the burden of extreme glucose values (hypo- and hyperglycaemia).

However, devices remain invasive, accessing the subcutaneous interstitial fluid with a needle-type sensor, and cost remains a barrier to wider adoption in healthcare systems. Methods to improve needle-type sensors and alternative sensor methodologies have the potential to improve accuracy and precision, reduce cost, and may be more acceptable to people with diabetes. Non-invasive optical technologies and transdermal methods have been explored. [...]