

A Flash Forward for Diabetes Treatment

What is the problem?

Diabetes is a major problem for Indigenous Australians. Currently, monitoring blood glucose levels through frequent painful fingerpricks is inconsistent. Flash glucose monitors are easy-to-use, new devices worn on the arm providing real-time blood glucose levels to guide treatment. The project team will analyse whether these monitors help Indigenous Australians understand and manage blood glucose levels to avoid downstream complications of diabetes like heart disease and kidney failure.

About this research translation project

Diabetes is a major contributor to the mortality gap between Indigenous and non-Indigenous Australians. The risk and severity of diabetes complications are far greater in Indigenous than non-Indigenous Australians. We urgently need effective and convenient ways of improving diabetes management in Indigenous Australians, a goal of the National Diabetes Strategy. New technologies that continuously monitor blood glucose are effective in assisting people to improve their blood glucose levels by driving changes in behaviour, lifestyle and therapy. The devices are worn on the arm and provide continuous, real-time feedback on blood glucose levels, but have not been tested in Indigenous Australians.

In this study, we will assess the feasibility of using these devices in Indigenous communities and gauge their effect on glucose management including achieving glucose targets, hypoglycaemia episodes and their effects on quality of life.

What will be the impact?

If the results of the larger study demonstrate a reduction in blood glucose levels in Indigenous Australians with diabetes using flash glucose monitors and this strategy is cost effective, then this study will likely change the way diabetes is managed for all Indigenous Australians and other high-risk individuals.



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