

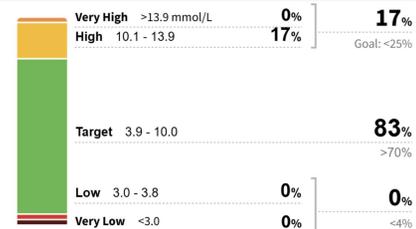
New Goals:

- Maintain HbA1c of around 50mmol/mol without significant hypos.
- Reduce blood glucose level above 10mmol/L from 17 % to 10-12%, (new).

Selected dates: 17 Apr 2025 – 30 Apr 2025 (14 Days)

Time sensor active: 100%

Time in Ranges



Glucose Statistics

Average Glucose

8.3 mmol/L Goal: ≤8.6 mmol/L

Glucose Management Indicator (GMI)

Approximate A1C level based on average CGM glucose level.

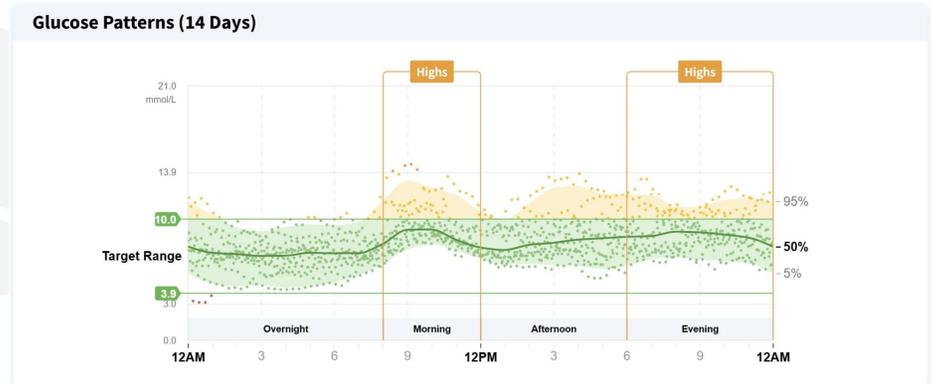
6.9% Goal: ≤7.0% | 52 mmol/mol Goal: ≤53 mmol/mol

Recommendations

- Strategies to manage the occasional high blood glucose – increase physical activities, discuss with GP or endocrinologist using medication (rapid-acting insulin or sulfonylurea) to manage the occasional 'naughty time.'
- Nurture the gut microbiome, 30-plant food challenge.

Goals:

- Maintain HbA1c of around 50mmol/mol without significant hypos.
- Reduce blood glucose level above 10mmol/L to 10-12%.



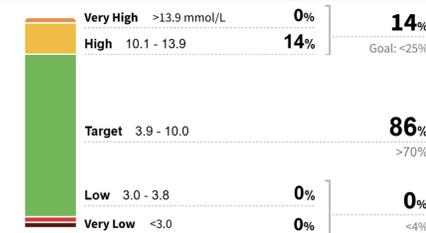
Glucose Pattern Insights

Generated: 14/07/2025

Selected dates: 15 May 2025 - 28 May 2025 (14 Days)

Time sensor active: 98%

Time in Ranges



Glucose Statistics

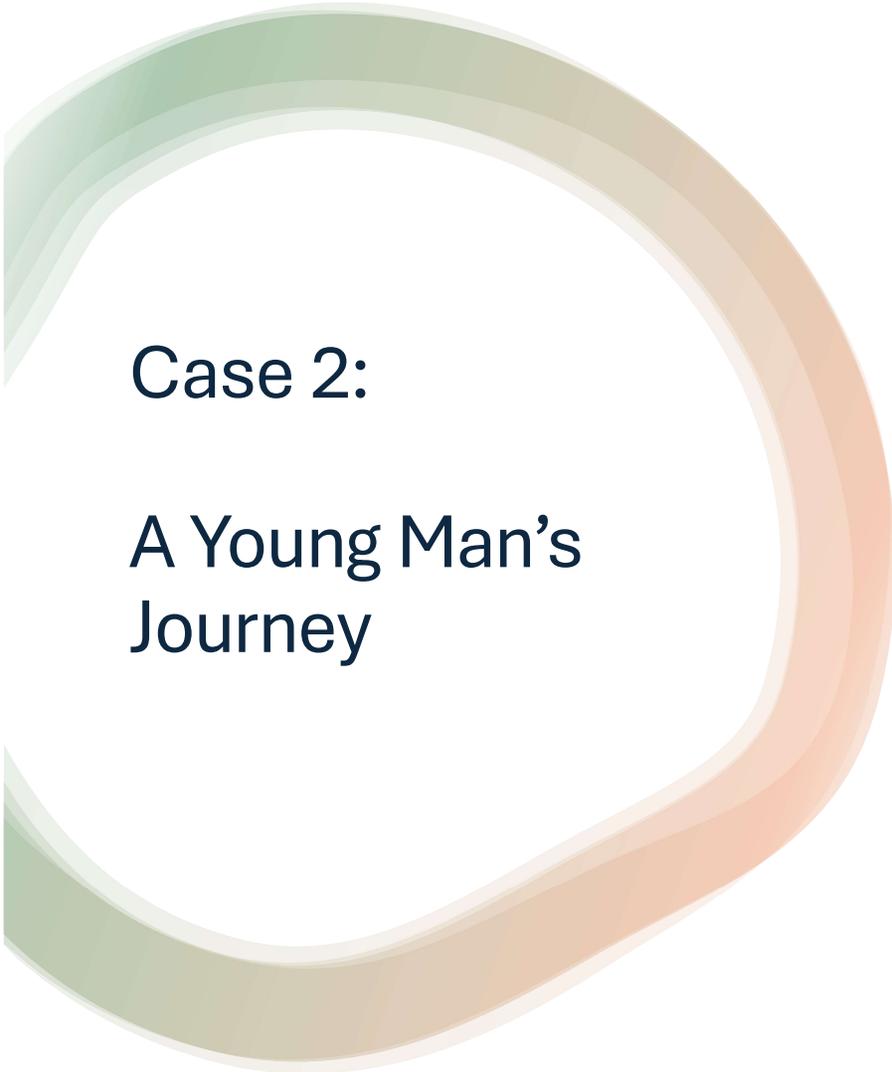
Average Glucose

8.2 mmol/L Goal: ≤8.6 mmol/L

Glucose Management Indicator (GMI)

Approximate A1C level based on average CGM glucose level.

6.8% Goal: ≤7.0% | 51 mmol/mol Goal: ≤53 mmol/mol



Case 2:

A Young Man's Journey

Active Nutrition Problem:

- IBS-like Syndrome – abdominal pain, urgency and diarrhoea.

Hydrogen Breath Test

- No evidence of SIBO.
- Evidence for lactose and fructose intolerance.

Faecal Steatocrit and Elastase

- No Evidence for Pancreatic Enzyme Insufficiency.



Managing Multiple Food Allergies Growing Up

Diagnosed when he was 3 months old.

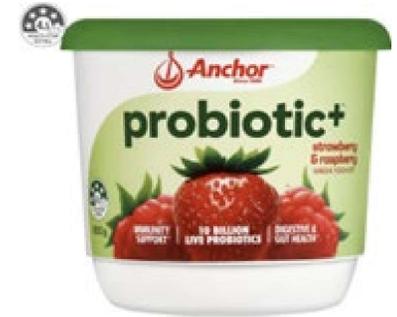
Multiple food allergies

- Anaphylactic peanut (orally, smell and touch) - persisted.
- Egg - negative on skin prick test at age 10, has never eaten egg.
- Soy and dairy – outgrown, can tolerate a small amount in cooking.

Management plan

- Avoid all nuts, not just peanuts.
- Avoid food with traces of peanuts, egg and all nuts.
- All meals prepared at home by her mother.
- Take Cetirizine when he eats out.
- Declined carrying an EpiPen.

Eating Pattern



Brunch 11 am	Rice crackers/shortbread – <i>loose bowel motion</i> /Milo cereal Drinks: water or milk
Lunch 1 pm	Carbs: Rice/spaghetti Protein: Salmon /Tofu / minced meat/chicken Vegetables: cauliflower and broccoli (Boiled) Sauces: creamy sauces <i>Use more onions than garlic.</i>
Snack 2-3 times	Biscuits, probiotics yoghurt
Dinner	Similar to lunch
Snack	Pudding, digestive biscuits, fruits, rice crackers

Nutrition Intervention

Recommendations

Lactose-free diet

- Lactose-free milk.
- Use Lactezee when having lactose-containing food.

Follow a low-fructan diet if a lactose-free diet hasn't reduced IBS-like symptoms.

Take a course of multivitamins.

Action Plan

Referred to ADHB Auckland Adult Immunology clinic for food challenge (other nuts and egg).

GP refer to the Community Mental Health service or a private psychiatrist.