



Reading my Type 2 diabetes

Jenny Boulton, a 65-year-old mother and grandmother living in Somerset was diagnosed with Type 2 diabetes in 2007.

After being diagnosed, Jenny was put on metformin and signed up to a 6-week educational course which included exercise classes and diet advice. She said: "I was put on medication and told to get on with it, to change my diet and exercise, but I didn't always do what I should have."

By October 2023, Jenny's diabetes had progressed, and she needed to start taking insulin to manage her condition.

While Jenny's attitude towards her diagnosis didn't change initially, it did give her a new perspective and understanding of her son's own experience; he lives with Type 1 diabetes, which is how she first heard about glucose monitoring and diabetes management with Abbott's FreeStyle Libre 2 system.

In June 2022, National Institute for Health & Care Excellence (NICE) published a set of

updated guidelines making glucose monitoring sensors available to selected people with Type 2 diabetes who administer multiple daily injections of insulin¹. Jenny currently doesn't meet the criteria to receive the system for free on the NHS.

After struggling to manage her diabetes for 16 years, Jenny decided to self-fund the device having seen her son's progress with the technology. Jenny said: "I started insulin in October 2023, and soon after, in December 2023, I decided to start using Abbott's FreeStyle Libre 2 system – on and off for six months at first. It was so useful that I now use it consistently."

Prior to using the system, Jenny was finger pricking to test her glucose levels, going from twice a day at the beginning of her diagnosis, to four times a day by the time she was on insulin.

A circular inset photograph of Jenny Boulton, a woman with blonde hair wearing sunglasses and a patterned dress, standing on a beach with the ocean in the background.

Real-time readings³ to help me manage my condition better

“

I started insulin in October 2023, and soon after, in December 2023, I decided to start using Abbott's FreeStyle Libre 2 system – on and off for six months at first. It was so useful that I now use it consistently.



“

I can see what makes my numbers go up and can change my diet to suit. I've actually managed to lose a stone in weight and that is down to seeing what's happening inside my body and knowing what's affecting me.

With the glucose sensor, Jenny can now monitor her glucose levels without the need to prick her finger². She is also able to discuss her readings with her healthcare team.

She said: “The system helps me to manage my condition better by providing me with constant readings that help me understand which foods cause my glucose levels to spike – and how certain foods, like full-fat yoghurt, don't spike my levels as much. I've also cut out all sugary drinks since using the system.”

Jenny's favourite feature is the ability to see her readings and graphs with real-time data³ on her mobile phone⁴. This has empowered her to change her diet. She said: “I can see what makes my numbers go up and can change my diet to suit. I've actually managed to lose a stone in weight and that is down to seeing what's happening inside my body and knowing what's affecting me.”

Prior to using insulin, Jenny would wake up in the morning with her glucose levels high

at around 10-12mmol/L. Now that she takes between four and six units of insulin before going to sleep, she has been able to reduce her morning readings to around 5-8mmol/L. She uses slow-release basal insulin as well as some oral medication and since using the FreeStyle Libre 2 system, her latest six-month blood test shows reduced levels of HbA1c at 53mmol/mol; they were 73mmol/mol before using the device.

Jenny said: “I think everyone with Type 2 diabetes should be offered a glucose monitoring sensor from the start – to be honest, I probably would have eaten better if I'd had one from the very beginning. I can now manage my diabetes well, and my long-term blood test has already improved – which means no finger pricks!² I also know it reduces my risk of complications and hospital visits. I've been spreading the word to people with diabetes, saying that they should look into getting one as I believe it helps me so much.”

“

I think everyone with Type 2 diabetes should be offered a glucose monitoring sensor from the start – to be honest, I probably would have eaten better if I'd had one from the very beginning.

Disclaimer: The information provided is not intended to be used for medical diagnosis or treatment. Please consult your healthcare professional about your diabetes management. Individual symptoms, situations and circumstances may vary.
1. <https://www.nice.org.uk/guidance/ng28>. 2. Finger pricks are required if glucose readings and alarms do not match symptoms or expectations. 3. Glucose readings are automatically displayed in the FreeStyle LibreLink app only when the smartphone and the FreeStyle Libre 2 sensor are connected and in range. 4. The FreeStyle LibreLink app is only compatible with certain mobile devices and operating systems. Please check the website for more information about device compatibility before using the app. Use of FreeStyle LibreLink may require registration with LibreView.
© 2024 Abbott. The sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. ADC-101098 v1.0 12/24

 **Abbott**