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## Flash glucose monitoring in diabetes

*Insights in its impact on glucose control and well-being in persons with diabetes*

1. Use of flash glucose monitoring has a positive impact on glycemic control and quality of life in persons with diabetes, as compared to fingerprick measurements (*dit proefschrift*).
2. The most pronounced HbA1c decline after initiation of flash glucose monitoring is observed in persons with the highest HbA1c (*dit proefschrift*).
3. Increasing the flash glucose monitoring scan rate is associated with more time within glucose target range and improvement of eHbA1c (*dit proefschrift*).
4. Persons who monitor their glucose with a low frequency tend to concentrate scanning in the hypoglycemic range and disregard scanning in the hyperglycemic range (*dit proefschrift*).
5. Initiation of flash glucose monitoring in persons with type 1 diabetes with frequent hypoglycemia can significantly reduce time in hypoglycemia, without clinically relevant worsening of eHbA1c (*dit proefschrift*).
6. You can't stop the waves (or glucose peaks) but you can learn how to surf (*Jon Kabat-Zinn*).
7. Unlimited reimbursement of real-time CGM sensors for all persons with type 1 diabetes is essential to provide optimal diabetes care.
8. The word "Diabetic" is obsolete and stigmatizing and should be replaced by "person with diabetes" (*Dickinson JK et al. Diabetes Care. 2017;40(12):1790–1799*).
9. Perseverance is not a long race; it is many short races one after the other (*Walter Elliot*).