

## Continuous Blood Glucose Monitoring Techniques: A Review

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### Abstract

Continuous Glucose Monitoring (CGM) is recommended over conventional self-blood glucose monitoring because continuous blood glucose monitoring has become very essential in diabetes management. Diabetes/diabetes mellitus is a chronic disease that has become a major health issue globally. Mainly, type 1 diabetes and type 2 diabetes need CGM for disease management. The minimally invasive method is the main technique used for CGM in the present day. CGM using non-invasive methods is an emerging field because of the difficulties related to the existing CGM methods/systems. This review article presents the importance of CGM, existing techniques of CGM and their new approaches, difficulties and drawbacks related to them and the emerging techniques of CGM. The conclusion states that there is an enormous need for a wearable, inexpensive, non-invasive CGM approach that has the same accuracy level as the invasive procedures to be used in diabetes management.

**Keywords:** *CGM, Diabetes, Invasive, Minimally invasive, Non-invasive*