

Alison Blank

Type 1 Diabetic

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Dear Chairman and Committee members,

I am Alison Blank, 32 years old. I am a mother of six children ages five months to ten years. My health is my life, in a very literal sense managing diabetes at full capacity makes me the best mother I can be.

I am writing to explain why I support continuous glucose monitors (CGM's). I once had a Dexcom CGM when I was covered under Medicaid Expansion, when our income fell below expansion guidelines due to pregnancy, I was switched to Medicaid and my coverage for Dexcom was dropped. I was terrified as it is very common for me to drop to extreme lows at the beginning of the night, it would scare me to think 'what if I die in my sleep' was/still is a phobia that causes anxiety or insomnia. I sleep about 4-5 hours each night because, most nights I'm up checking my blood glucose every 30 mins. It consumes me, and it has to in order for me to make sure I am healthy. The things that most people's bodies do in the background that they never have to worry about, is what I must always be treating every second of the day to survive. In the early hours of morning I worry of extreme unexplained highs. That is a condition called dawn phenomenon, it is the term used to describe an abnormal early-morning increase in blood sugar, usually between 2 am- 8am. When a woman is pregnant, high numbers are not good, it is vital for an unborn child to develop in the womb with a mother's healthy blood glucose levels. The alert on of a CGM is a life saver in so many aspects for a mother, baby, and family.

I have been working towards receiving a Tslim insulin pump. I am told it talks back and forth with Dexcom only, it will suspend insulin or give appropriate doses of insulin automatically in my sleep. This partnership of the two devices will greatly reduce issues of highs and lows happening unexpectedly. I feel this is amazing and so helpful but, I can not afford it and as of now it is not offered under Medicaid.

In closing I believe if Medicaid would add coverage for all CGM's that it would benefit in overall diabetic health management, help diabetics to be more aware of their bodies glucose patterns, ease the stress, phobias, and anxiety, significantly reduce dead in bed syndrome, and decrease hospitalization or death due to Diabetic ketoacidosis.

Thank you all so much for your time and understanding, it truly means a lot for the diabetic community that you are addressing this important topic.

Sincerely,

Alison Blank

