

# CGM and Lifestyle Changes in Patients With Impaired Glucose Tolerance

NCT05387551

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Nemours Children's Clinic
Enrollment	15 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Children 10 to <18 years old (i.e., before their 18th birthday)
- Impaired glucose tolerance based on standardized oral glucose tolerance test (OGTT) or fasting glucose per American Diabetes Association criteria,
- Overweight or obese (BMI e85th percentile for age/sex)
- Patients are pubertal, defined as females with breast Tanner stage II or above, or males with testicular volume e4 mL

### Exclusion (4)

- Existing diagnosis of type 1 or type 2 diabetes
- Prepubertal
- Taking medications that affect insulin sensitivity (e.g., chronic corticosteroids whether systemic or inhaled). Metformin allowed if stable dose.
- Patients and/or families not willing to wear the CGM for the duration of the study period or lack of compliance after recruitment

## Locations (1 total)

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Nemours Children's Clinic, Jacksonville, Florida, United States