

# Type 2 Diabetes Study

## A new non-medication treatment using continuous glucose monitoring

University of Virginia researchers are investigating a new non-medication treatment of type 2 diabetes that uses a lifestyle program and continuous glucose monitoring.

### Study Involvement

- All participants will continue their routine diabetes medicine and for two weeks monitor their blood glucose, physical activity, and eating habits.
- Two-thirds of participants will also use a lifestyle program focusing on blood glucose monitoring, food choices, and changing routine physical activities. Weight loss is not the objective.

### To participate, you should:

- Have been diagnosed with type 2 diabetes in the past 10 years
- Be between the ages of 21 and 80
- Have a A1c level higher than 7.5
- Not be taking insulin

### All participants will receive:

- Two brief medical evaluations
- A blood glucose meter and supplies
- A Fitbit® activity monitor
- \$100 for completing a five-month assessment

If interested, please call **434.243.6520**  
or email [t2dm@virginia.edu](mailto:t2dm@virginia.edu).

**IRB-HSR #19313**