**Empowering Self-Advocacy and Early Symptom Management Through Continuous Glucose Monitoring in a High-Risk Adolescent with Previous Transient Neonatal Diabetes Mellitus**

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This case study presents a 15-year-old female with a history of 6q24-related Transient Neonatal Diabetes Mellitus (TNDM), now exhibiting symptoms of emerging dysglycaemia and psychological distress. With limited access to paediatric services and growing uncertainty around diagnosis, her mother engaged a Credentialed Diabetes Educator via telehealth to provide education, CGM support, and care planning. The family’s primary goal was to understand glucose patterns and advocate confidently for care, while avoiding acute hospitalisation. Continuous glucose monitoring (CGM) revealed significant glucose variability and insulin resistance, prompting early intervention with metformin. The patient’s condition stabilised, and anxiety was reduced through personalised, real-time insights and tailored education. This case highlights the clinical and psychosocial impact of CGM as both a therapeutic and advocacy tool in youth with ambiguous diabetes trajectories. It reinforces the importance of proactive, trauma-informed care—bridging gaps where traditional systems fall short.