Abstract

Diabetes self-management education is of significant importance, since people with diabetes and their families provide 95% of their care themselves. Hyperglycemia and hypoglycemia are two of the most serious acute complications of diabetes. Making appropriate decision in these situations needs knowledge about normal blood glucose levels and related signs and symptoms. In this paper an expert system is proposed using Visual C# 2008, aiming at nutrition recommendations applicable in blood glucose self management. This expert system consists of 4 sections: Body weight and daily nutritional requirements assessment, Hypo- and hyperglycemia symptoms, Self-monitoring of Blood Glucose (SMBG) and Diabetes related disease. In comparison with the other expert systems invented to manage blood glucose level, this expert system includes different aspects of diabetes and is usable for both experts and diabetes patients.
An Approach for Recommendations in Self Management of Diabetes based on Expert System

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Index Terms
  Computer Science  Fuzzy Systems

Keywords
  Diabetes recommendation  Expert system  Hyperglycemia  Hypoglycemia