Abstract

The amount of information people with diabetes need to keep track of their diabetes can
become overwhelming. Patients who want more advice from their healthcare providers are often frustrated with the lack of contact between hospital visits. However, recent advances in "mobile health"; the use of mobile technology such as smart phones in healthcare – have opened up exciting new ways to keep track and stay connected. Mobile technology was used to remind them to test their blood glucose levels in the morning. They were then asked to text that value back to nurses, who reviewed the information on a daily basis. New sensors measure body function for brief periods of time without active recording efforts by the user. These include continuous glucose monitors and physical activity monitors. The wireless features embedded in the devices mean all-around 24/7 connectivity. The use of mobile health technology in medicine is not new. Intensive care physicians have long been able to track patient's vital signs far away from a patient's bed. This type of technology is finally coming to patients with diabetes.

References
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