

Diabetes apps among top 10 doctors recommend to patients

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(HealthDay)—Apps for managing diabetes and calculating the risk of cardiovascular disease are among the top 10 apps doctors recommend to their patients, according to researchers at *Medical Economics*.

Many of the apps recommended by doctors are related to diabetes management, including *Diabetes*, *iCookbook Diabetic*, *Diabetes In Check*, and *Glucose Companion*, all of which allow patients to monitor their condition, track their [food consumption](#), access diabetes-friendly recipes and plan meals, and track their blood sugar and weight. The apps also allow patients to create a record of their tracking results to share with their doctor.

Also among the top apps are ones related to cardiovascular health and [gastrointestinal disorders](#). The *iCalcRisk* app encourages patients to adopt healthier lifestyles by calculating their cardiac risk, while the *Blood Pressure Monitor* and *HeartWise Blood Pressure Tracker* apps aid patients in monitoring their blood pressure, [resting heart rate](#), and weight. *Tummy Trends*, for patients with constipation and [irritable bowel syndrome](#) (IBS), helps patients track their IBS symptoms, exercise habits, water intake, fiber intake, and stress levels and share the results with their physician.

For general health, physicians recommend the *iTriage* app, which allows patients to access health information to check their symptoms and easily locate a physician or hospital in the event of an emergency. Lastly, *Mayo Clinic Health Community* offers patients access to an online health community where they can connect with other patients experiencing similar health issues.

More information: [More Information](#)

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