

Telemedical lifestyle intervention ups T2DM glycemic control

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(HealthDay)—A Telemedical Lifestyle Intervention Program (TeLiPro)

can improve glycemic control in advanced-stage type 2 diabetes, according to a study published online May 12 in *Diabetes Care*.

Kerstin Kempf, Ph.D., from the Düsseldorf Catholic Hospital Group in Germany, and colleagues examined the efficacy of the TeLiPro in advanced-stage type 2 [diabetes](#). Participants were randomized into two parallel groups: one received weighing scales and step counters and remained in routine care, and the other also received telemedical coaching including medical-mental motivation, a formula diet, and self-monitored blood glucose for 12 weeks (100 and 102 patients, respectively).

The researchers found that the reduction in hemoglobin A1c was significantly higher in the TeLiPro group (mean, -1.1 ± 1.2 percent versus -0.2 ± 0.8 percent; P body mass index, [systolic blood pressure](#), 10-year cardiovascular risk, antidiabetes medication, and quality of life and eating behavior (all P "In advanced-stage type 2 diabetes, TeLiPro can improve [glycemic control](#) and may offer new options to avoid pharmacological intensification," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry, including Boehringer Ingelheim International GmbH, which funded the study.

More information: [Abstract](#)
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