

Electronic messaging intervention cuts cardiovascular risk in T2DM

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(HealthDay)—For patients with type 2 diabetes mellitus, a electronic

messaging intervention is effective for reducing cardiovascular risk, according to a study published online July 12 in the *Journal of Clinical Nursing*.

Ronghua Fang, R.N., and Xuexue Deng, R.N., from the West China Hospital Sichuan University in Chengdu, conducted a convenience sample study with randomized group assignment to examine the effectiveness of an electronic messaging support service for management of [cardiovascular risk factors](#) in [patients](#) with type 2 diabetes. Participants completed surveys and underwent physical and laboratory evaluations, and were randomized to either receipt of electronic messages or a phone call. Intervention patients received appointment reminders and health information via electronic message. Intervention and control patients were followed-up every three months by telephone.

The researchers found that between-group differences were statistically significant in glycated hemoglobin, postprandial plasma glucose, postprandial insulin, total cholesterol, and [low-density lipoprotein cholesterol](#). In intervention patients, there were significant decreases in levels of glycated hemoglobin, fasting plasma glucose, postprandial plasma glucose, fasting insulin, postprandial insulin, total cholesterol, and low-density lipoprotein cholesterol. Patients only followed by telephone had a significant decrease in [systolic blood pressure](#).

"Regular smartphone communication had a favorable impact on cardiovascular risk factors in patients with type 2 diabetes mellitus," the authors write.

More information: [Abstract](#)
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