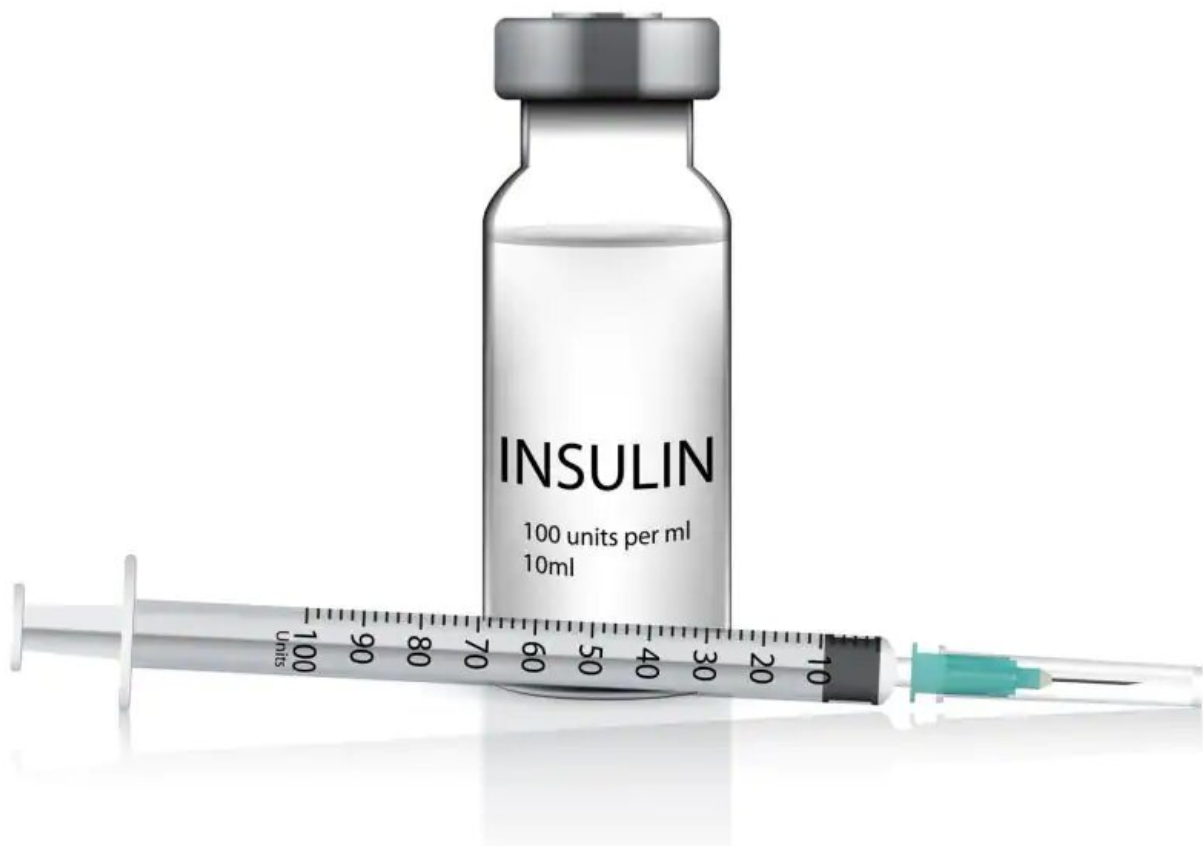


Bluetooth technology enables insulin adherence monitoring

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(HealthDay)—Adherence to timing and dosing of insulin injections can

be objectively measured using Bluetooth-enabled pen caps, according to a study published online March 12 in *Diabetes Care*.

Medha N. Munshi, M.D., from the Joslin Diabetes Center in Boston, and colleagues evaluated adherence to timing and dosing of insulin while using Bluetooth pen caps. Additionally, factors related to adherence were examined in the 75 participants with diabetes (42 younger [mean age, 29 years] and 33 older [mean age, 73 years]).

The researchers noted nonadherence in 24 percent of bolus (Apidra) doses and 36 percent of basal (Lantus) doses. When analyzing participants based on tertiles of overall adherence, the most adherent tertile had 85 percent dose adherence compared with 49 percent in the least adherent tertile. Additionally, patients in the most adherent tertile had better glycemic control compared with patients in the least adherent tertile (7.7 versus 8.6 percent).

"Nonadherence to insulin dosing and timing can be objectively assessed by Bluetooth pen caps and is associated with poor [glycemic control](#)," the authors write.

One author disclosed financial ties to [pharmaceutical companies](#), including Sanofi and Dexcom, which partially funded the study.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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