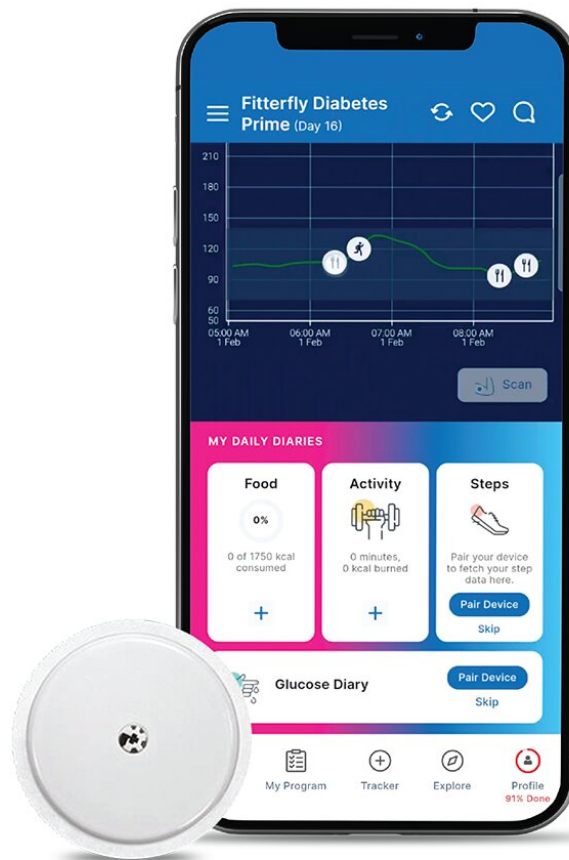


Diabetes digital therapeutics program shown to improve blood sugar levels in patients with type 2 diabetes

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Fitterfly mobile app. Credit: Shilpa Joshi et al

A new research study published in *JMIR Diabetes* evaluated the real-world effectiveness of the Fitterfly Diabetes CGM digital therapeutic program for the management of glycemic control and weight in people with type 2 diabetes mellitus. The study led by Shilpa Joshi, Arbinder Singal, and colleagues found significant improvements in both blood glucose levels and weight management in participants enrolled in the 90-day program.

The Fitterfly Diabetes CGM program, delivered through the Fitterfly [mobile app](#) coupled with continuous glucose monitoring (CGM) technology, provides users with tailored recommendations on nutrition based on personalized glycemic response data, exercise, and behavior modifications to help manage type 2 diabetes. The program is designed to provide individuals with the tools they need to manage their condition effectively and make long-term lifestyle changes that would support their overall health.

This study analyzed de-identified data of 109 participants with type 2 diabetes. The program was delivered in 3 phases. First, the participants' CGM readings were observed for 1 week; next, they received diet- and exercise-based interventions via Fitterfly app and coaches (nutritionists, psychologists, and physiotherapists); and finally, the researchers tracked whether the participants were able to sustain these newly introduced lifestyle modifications over the next 3 months.

The researchers found that, at the end of the 90-day program, about 85% of all participants observed an average reduction of 1.2% in hemoglobin A_{1c} (HbA_{1c}) levels, an important indicator of glycemic control. The reduction was even higher, at about 2.6%, for those participants who started the program with an HbA_{1c} level greater than 9%. The study participants also lost an average of 2.05 kg body weight, and their BMI reduced by 0.74 kg/m².

Dr. Arbinder Singal, CEO and cofounder of Fitterfly, said, "Type 2 diabetes is a huge health care concern in India. With the use of newer tools such as digital therapeutics now getting adopted by people and enterprise partners, and getting prescribed by physicians, we are bridging the gap for behavior change. The study affirms our belief that digital therapeutic programs can provide clinically validated outcomes and help the population at scale."

The program's easy-to-use app interface and personalized approach make it a promising option for individuals looking to improve their health and manage diabetes effectively. Interestingly, the study also found that participants who engaged more with the app throughout the program's duration had better clinical outcomes, especially with regard to weight reduction. Thus, Fitterfly's CGM program could be a valuable tool for health care professionals in managing type 2 [diabetes](#) and supporting weight loss goals.

More information: Shilpa Joshi et al, Fitterfly Diabetes CGM Digital Therapeutics Program for Glycemic Control and Weight Management in People With Type 2 Diabetes Mellitus: Real-world Effectiveness Evaluation, *JMIR Diabetes* (2023). [DOI: 10.2196/43292](https://doi.org/10.2196/43292)

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