

NOW WHAT should I know about apps?

Self-management is considered the most important factor in ensuring well-controlled blood glucose levels. Some of those skills include tracing blood glucose trends, adhering to medication or insulin therapy, monitoring nutrition, and increasing physical activity. Downloading apps has been demonstrated to be a feasible tool to help improve self-management behaviors, such as improved diets, increased physical activity, and improved attitudes towards diabetes self-management.

FACTS FIRST: The smartphone revolution provides an emerging opportunity for healthcare professionals to counsel patients on a new and potentially more effective method for electronically documenting essential health information. Below are three major focus areas of mobile apps for diabetes.

Glucose Control

Medication Log

Food Log

ACT ON THE FACTS:

What to do? Apps don't replace your doctor and can't replace your education, so it is important to use these apps in partnership with your physician's advice.

What to do? Nothing beats writing down the numbers, but apps that record your blood sugar levels could be helpful for identifying trends, such as high blood sugar levels after eating certain foods or at particular times during the day.

What to do? Apps can also help parents manage diabetes in their children. Apps can help parents keep track of injection or pump sites, which need to be rotated regularly.



Visit our manage diabetes link to see which app might work for you.



Talk to your doctor about the apps you are currently using and share on our FB your favorite app that helps you navigate your diabetes journey.

YOU'RE NOT ALONE!



For more information on how to manage your diabetes, visit:

EPDIABETES.ORG/NOW-WHAT/