

# Diabetes and Telehealth

Diabetes, affecting over 10 percent of the US population is a serious health concern. Defined as a high level of blood glucose due to either insufficient insulin production by the body or body resistance to insulin, diabetes can either be Type 1 (Genetic and affecting children and younger adults) or Type 2 (Affecting older people). After you eat a meal, your body eventually breaks it down into glucose and raises blood glucose. High levels of blood glucose can be controlled by many factors including managing your diet, exercise and taking medication.

Telehealth, the modern advance to Medicine in the days of the pandemic is an ideal solution to managing your diabetes. A 2015 Cochrane Review found that telehealth interventions resulted in significantly improved blood glucose control compared to usual care interventions. It has a great potential to better the way diabetes is usually managed by imposing efficacy of care, and enhancing the quality of patient care. Telehealth can provide round the clock digital monitoring for diabetic control and also feasible patient engagement to those living in far rural areas. According to the American diabetes association, diabetes can be motivated and enabled to lose weight or control sugar by digital tools and telemedicine. Moreover, telehealth can also provide cost-effective treatment compared to usual hospital visits. Telehealth is the new normal and would be a great adaptation towards better health.

TOTALCARE by Hawkeye MedTech is determined to bridge the patient-doctor gap and provide better patient care by providing an excellent Telehealth Platform for all. TotalCare is very appropriate for the treatment of diabetes, since diabetes requires interpretation and predetermined responses that can be assessed by the patient at home. Patients can record the blood glucose levels at their own comfort and update them on the TotalCare patient application from which the clinician can keep a track and prescribe medications needed. There is no chance that the patient will forget to update the vitals as reminders will be sent every morning and by the end of the day. This not only improves the adherence but also the quality of life of the patient.