# Common Technology in Blood Glucose Management

People with diabetes and blood sugar disorders like hyperglycemia and prediabetes need to monitor their blood sugar levels at all times. Fortunately, technology makes it easier for these individuals to stay on top of their treatment and care.

## Continuous Glucose Monitoring (CGM)

This wearable tech monitors your glucose levels around the clock. The patient places a sensor patch on their arm or stomach, and it reads the glucose in the fluid moving between cells. It provides a snapshot of your glucose level at any time and tracks your history for accurate analysis by doctors.

CGMs are vital tech for people with diabetes who self-manage their care. It tracks the trends in blood glucose levels and alerts you when it's time to take your medication. The device data helps you monitor your blood sugar to find the times of day when it's out of the normal range.

## Insulin Pump

This digital device attaches to the body and delivers a steady supply of insulin to the diabetic patient. Medical practitioners can attach catheters to the pump or provide the insulin without tubing. Pump patches are now the preferred option because they're less invasive.

## Glucometers

A glucometer is similar to a CGM in that it monitors blood glucose levels. However, it doesn't have continuous monitoring. These devices take a snapshot of your blood sugar profile at the moment of the test, but they don't log any history.

These devices usually require you to prick your finger to draw blood before placing it on a tab that the device analyzes to accurately read your blood sugar level. They're the preferred choice for type 2 diabetes, while CGMs are the better option for type 1 diabetics.

## Smartphone Apps

Many glucose-monitoring devices connect to smartphone apps. These apps are usually readily available from Google Play or Apple App Stores and are free to download. They analyze the CGM or insulin pump data and relay it to your device.

Other smartphone apps can help you monitor the macronutrients in your diet. Enter the foods you eat, and the app will tell you how many carbs you consume. By lowering your carb intake and managing your blood sugar with the necessary device, you can build a strategy to get your blood sugar back to normal.

## Telemedicine

Healthcare providers now offer telemedicine consultations over the phone or via Zoom online. You get direct access to medical care, such as diagnosis and prescriptions, without leaving your home.

It's ideal for people who live in rural communities and don't have access to healthcare practitioners in their town. Elon Musk's Starlink brings internet technology to these locations, and telemedicine services enhance healthcare service delivery to these communities.