**Now, smartphone apps may help treat diabetes, says new study**

PTI|

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Smartphone apps could offer patients with type 2 diabetes a highly effective method of self-managing their condition, new research has claimed.   
A systematic review of 14 previous studies found that all had reported a reduction in average blood glucose levels in patients that used an app, compared to those who did not, with an approximate reduction in HbA1c (glycated haemoglobin) of about 0.5%.   
The analysis also found that younger patients were more likely to report a benefit. No evidence was found to support the use of apps in type 1 diabetes, but further research is needed to substantiate this, researchers said.   
"With the number of patients globally with diabetes expected to rise to over 500 million by 2030, there is an urgent need for better self-management tools," said Dr Ben Carter from Cardiff University's School of Medicine in the UK.   
"As we enter an era where portable technology is increasingly used to improve our lifestyles, as can already be seen with physical activity technology, apps can offer a large percentage of the world's population a low cost and dynamic solution to type 2 diabetes management," said Carter.   
Diabetes management includes monitoring and managing blood glucose levels.   
  
This is done by controlling diet and knowing how foods affect blood sugar. For many people with diabetes, it also involves taking medications that help manage blood sugar levels.   
  
Current diabetes apps allow patients to enter data and provide feedback on improved management.

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