



Management of Diabetes Using MySugr

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Introduction

According to the CDC, 29.7 million people in the U.S. population had diagnosed diabetes in 2021. In addition, 352,000 children under 20 years had diagnosed diabetes as well. (Center for Disease Control and Prevention, 2023).

Having diabetes can come with a lot of lifestyle changes that can be difficult for patients to manage. One of the biggest challenges can be knowing how to accurately manage blood sugar levels. Not calculating insulin levels properly with meals can lead to the patient experiencing hyper or hypoglycemia. Along with providing education, it is important for healthcare providers to offer patients extra tools to involve them in managing their health.

Overview

MySugr helps with managing diabetes for anyone who needs it. This app contains a logbook where you can track blood glucose levels, carbohydrate intake, diet, and medications. Patients can also see what their estimated hemoglobin A1c is so that they can track their progress.

This app also provides a feature that allows patients to share reports with their doctors if need be. This top 3 ranked app can also automatically transfer data from a glucometer for free. MySugr is a great tool for anyone who is trying to manage diabetes whether it is Type 1, Type 2, or gestational.

A1C and Estimated Average Glucose Levels

	A1C Percentage	Estimated Average Glucose (EAG)	
In-range	< 5.7%	< 117 mg/dL	6.5 mmol/L
Prediabetes	5.7-6.4%	117-137 mg/dL	6.5-7.6 mmol/L
Diabetes	> 6.4%	> 137 mg/dL	> 7.6 mmol/L
Increased risk of complications ↓	6.5%	140 mg/dL	7.8 mmol/L
	7.0%	154 mg/dL	8.6 mmol/L
	7.5%	169 mg/dL	9.4 mmol/L
	8.0%	183 mg/dL	10.1 mmol/L
	8.5%	197 mg/dL	10.9 mmol/L
	9.0%	212 mg/dL	11.8 mmol/L
	9.5%	226 mg/dL	12.6 mmol/L
	10%	240 mg/dL	13.4 mmol/L

Cleveland Clinic



The screenshot shows the 'New entry' form in the MySugr app. It has a blue header with 'Cancel', 'New entry', and 'Save' buttons. Below the header is a blue bar that says 'Fill in the fields to earn points!'. The form has several sections: 'Blood sugar' with a green circle icon and a text input field; 'Carbs' with a brown square icon and a text input field; 'Meal description' with a checkmark icon and a text input field; 'Food type' with a grid of icons for Water, Vegetable, Fruit, Whole grain, Grains, and Potato; 'Insulin (food)' with a blue square icon and a text input field; and 'Insulin (correction)' with a blue square icon and a text input field. There is also a 'Show all food types' button.

App Rating

- Developed by mySugrGmbH
- Version: 3.85.0
- Rating: 4.70
- Last Update: Nov 26, 2023
- Basic version is free of charge; mySugr PRO is \$2.99/ month
- Used for all age groups
- Engagement rating: 4.2
- Functionality rating: 4.75
- Information rating: 5.0

Conclusion

From a patient's point of view, this app seems to be manageable as long as the patient knows the type of insulin they use and their target blood sugar ranges. This app may be more manageable for a younger age group, but with proper education, it could also be used with older patients. It is also helpful that it gives the patient an option to set reminders that could be used to check blood sugar levels.

From a nurse's point of view of MySugr, is a great tool for educating patients. A new diagnosis of diabetes can be hard for patients to adjust to. Providing them with an easy-to-use app to track blood glucose, diet, and carb intake can help with compliance. It is also a way for patients to always have important information with them constantly so that they are aware of treatment and can easily report findings.

References

Centers for Disease Control and Prevention. (2023, November 14). *National Diabetes Statistics Report*. Centers for Disease Control and Prevention. <https://www.cdc.gov/diabetes/data/statistics-report/index.html#:~:text=of%20Diagnosed%20Diabetes-,Among%20the%20US%20population%20Overall%2C%20crude%20estimates%20for%202021%20were,304%2C000%20with%20type%201%20diabetes.>