

## ABSTRACT TITLE

**Case study presenting remarkable improvements of all parameters in a long term T2DM patient with multiple chronic comorbidities by Sugarfit's -Tech/ AI driven platform with daily personalised life coaching and expert medical advice**

## AUTHORS

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## BACKGROUND AND AIM

Type 2 Diabetes Mellitus (T2DM) is not only one of the leading causes of mortality but also a burden and is becoming unsustainable with each passing year. Digital healthcare services and telemedicine have helped management of this chronic condition accessible from the comfort of home. Aim of this case analysis was to study the efficacy of sugarfit's integrated model on a client with T2DM.

## MATERIALS AND METHODS

Here we present a case of a 64 year old female with Insulin dependent Type 2 DM, multiple co-morbidities, possible query of depression- confined to her room and inability to walk for about a year. This client was advised precision nutrition therapy, progressive fitness counseling with frequent empathetic coaching to build sustained habits. There were 6 video consultations of doctor and coach each over the course of 9 months with >87 phone consultations and over 800 text message exchanges between the coach and the client.

## RESULTS

After 6 months of sugarfit approach, she showed tremendous improvement in every parameter. She was on 44 units of rapid insulin, 18 units of long acting and oral anti-diabetic medications. Her Hba1c at baseline was 8% and 6 months later it is 6.8% with all rapid insulin stopped, long acting insulin 4 units and oral meds essentially the same as before. She has seen reduction in creatinine and triglycerides from 1.88 to 1.37 and 1015 to 448 respectively. Her BP medications have been reduced to 50%. She walks for 2 kms everyday, and is socially active with resolved depression. She has lost 3 kgs of weight and 3 inches of waist circumference.

## CONCLUSION

We therefore conclude that the tech enabled, AI driven model with intensive personalised coaching and expert physician guidance has proven to show great results even in this particular complicated case.