ABSTRACT TITLE

Sugarfit's Artificial Intelligence (AI) integrated approach as a holistic type 2 diabetes reversal model

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BACKGROUND AND AIM

Type 2 Diabetes (T2D) has emerged as one of the most rapidly growing health challenges. It is pricey, difficult to manage and often leads to life-threatening conditions. This study highlights use of multifaceted holistic interventions, personalised for each participant and delivered by diabetes expert coaches through AI based electronic medical records for over 90 days. Aim was to study this integrated system's effectiveness in reducing glycemic levels.

MATERIALS AND METHODS

A total of 150 participants with (HbA1c of over 6.5%) were enrolled into the 3-month Sugar.Fit's Diabetes Reversal Program (SDRP) and 110 clients were recruited as controls. The study aimed to retrospectively evaluate the Sugar.Fit approach; a selection of lifestyle interventions, education and self-monitoring of blood glucose (SMBG) with or without involvement of pharmacological therapy.

RESULTS

The findings on completion of the study showed that the Sugar.Fit approach led to significant improvements, with an average reduction in HbA1c by 1.9% compared to the control group which saw a slight gain of 0.04%. SDRP saw an average drop of 62.2 mg/dL in FBS value when control saw a reduction of 1.42 mg/dL after 90 days. An average weight loss of 3.3 kgs was seen in overweight participants in SDRP while the control group gained weight of 0.5 kgs in 90 days from baseline.

CONCLUSION

Diabetes management requires a holistic and multidisciplinary team approach. Delivering therapies with the help of technology for ambulatory glucose profile, SMBG, precision nutrition and personalized fitness has resulted in improved clinical and emotional parameters. AI based tech has made food logging easy and effective to correct glycemic variability which is the biggest challenge in diabetes management.This model has therefore proved that leveraging technology in medical therapy can significantly improve quality care.