



ABSTRACT TITLE

Case study of individuals with prediabetes who achieved reversal with daily personalised life coaching, expert medical advice and tech driven approach.

AUTHORS

Rekha Prabhu, Annie Mattilda R, Chhavi Mehra

BACKGROUND AND AIM

Prediabetes presents itself with insulin resistance and beta cell dysfunction if left untreated can progress to Type 2 Diabetes Mellitus (T2DM), heart disease and stroke. With digital healthcare and comprehensive care platforms being available for easy accessibility of the users, this growing lifestyle condition can be managed before it progresses. Aim of this case analysis was to compare the efficacy of sugarfit's integrated model amid clients with Prediabetes.

MATERIALS AND METHODS

Presented here are 3 prediabetic user details between the age group 41-47 years. Of which 1 is female (F1) and the other 2 are male clients (M1 and M2). There were no reported co-morbidities and all of their initial calculated body mass index (BMI) were less than 25 kg/m². All 3 of them were given continuous glucose monitor (CGM) at the beginning of the program and had a consultation with a general physician. They were managed by nutritionists for the course of 90 days with personalised counseling sessions on nutrition therapy, progressive fitness counseling with frequent empathetic coaching to build sustained habits.

RESULTS

After 90 days of sugarfit approach, all 3 candidates showed tremendous improvement in every parameter. F1 saw a drop in HbA1c from 6% to 5.1%, M1 similar drop from 6% to 5.1% and M2 from 6.1% to 5.4%. Fasting blood sugars of all 3 participants were brought down to <90 mg/dl. F1's BMI was reduced from 24.7 to 23.5 with reduction in waist circumference (WC) of 10 cms, M2's BMI was brought down from 23.2 to 21.5 with a 5 cms drop in WC while M1 did not see any changes in BMI which was at 22 nor was any changes observed in WC.

CONCLUSION

We therefore conclude that difficult and immutable conditions like prediabetes can be reversed with intensive personalised coaching and expert physician guidance with AI based digital tech setup.