

# Focus on diabetes mellitus



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**FAST TRACK**

*Apps that provide real-time feedback, motivational features to engage the user, and links to nutritional, fitness, and diabetic goals provide a woman with a comprehensive and personalized experience*

**D**iabetes mellitus affects 10% of the US population, and as many as one-third of US adults have prediabetes, according to the National Diabetes Statistics Report 2020 from the Centers for Disease Control and Prevention. While diabetes is associated with significant long-term morbidity and mortality, with early identification and interventions, lifestyle modifications can significantly improve long-term health.

As with obesity (see “Focus on obesity” in *OBG Management*, May 2021), it is difficult to address lifestyle modifications with patients who have diabetes. However, many apps can be leveraged to aid physicians in this effort.

### Diabetes app considerations

Obstetrician-gynecologists can play a pivotal role in helping to screen women for diabetes. When applying the ACOG-recommended rubric (page 42) to evaluate the quality of an app that is targeted to address screening and diagnosing diabetes, it’s important to

consider the app’s timeliness, authority, usefulness, and design.

There are point-of-care apps that include a few simple questions that can quickly identify which women should be screened. Some apps combine screening questions with testing results to streamline screening and diagnosis of diabetes and prediabetes. These apps also provide clinical content to help physicians educate, initiate, and even treat diabetes if they desire.

A wealth of patient-centered apps are available to help patients address a diagnosis of diabetes. Apps that provide real-time feedback, motivational features to engage the user, and links to nutritional, fitness, and diabetic goals provide a woman with a comprehensive and personalized experience that can considerably improve health.

By incorporating apps and engaging with our patients on app technology, ObGyns can successfully partner with women to decrease morbidity with respect to diabetes mellitus and its long-term implications. ●



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