

2012: A Year in Diabetes Technology

With both the use of smartphones and the rate of diabetes increasing, it is not surprising that there are now numerous apps available for people with diabetes to log and manage their blood sugars. With our lives more hectic than ever, having the ability to log blood sugars no matter where you are can be an extremely helpful tool in managing your diabetes. Here are some of the top applications for your apple or android smart phones:

*Each description was taken from either the Android or Apple websites and is not the reviews or recommendations of anyone at Diabetes and Endocrinology Associates.

iPhone Blood Sugar Log Apps:

Glucose Buddy App: Free



- Save multiple logs with one click.
- Custom keypad has replaced the scroll wheel.

New Medication Labels

- Units
- Mg
- Pills
- And more
- "Simple Time" reminders are functional alarms even when Glucose Buddy is closed.
- "Coordinated with Event" reminders can alert you to check your BG two hours after you've entered a BG or Medicine log.

Diabetes Buddy: \$4.99



KEY FEATURES

- Put together your daily carb intake, glucose, water consumption, weight directly on the calendar.
- Built-in offline powerful food database that you can add food consumed for direct carb calculation.
- Log and monitor your glucose levels. You can view the trend on chart or email the date directly to your doctor.
- Log your insulin injections.
- Log your medications.
- Manage your activities and exercises.
- Mange glasses of water you consumed for the day.
- Track your weight and BMI changes.
- Budget your daily carb allowance.
- Blood pressure tracking
- Retina display
- Backup and restore over Wi-Fi
- Integrated with Twitter.

- Use passcode to protect your data.
- Support both US and SI units.

FOOD DATABASE

- Powerful offline food database with over 200,000 foods for common food, restaurant food and branded food.
- Add and manage your custom foods.
- Build recipes with combinations of foods in the database.
- No internet required to access food database.
- Monitor other nutrition for each food, including Calories, Protein, Fiber, Sugar, Cholesterol, Sodium, etc.
- Easy-to-use food search.
- Email your daily food intake to your doctor as email.

COMING SOON

iBGStar™: Free app with purchased glucometer

iBGStar™ is the first blood glucose monitoring system to connect directly to your iPhone® or iPod touch®. It was created for your on-the-go lifestyle so you can manage your diabetes information — anytime, anywhere.



The data stored in the application can be accessed on the phone or the computer, allowing the user to always have the information at hand for a health care provider.

Android Blood Sugar Log Apps:

Track3 Diabetes Planner: \$6.99

Diabetics can use this app to track their exercise routing, food intake, glucose and insulin levels. Notable features include:



- Calories and carbohydrate values for 80,000 plus foods
- No monthly fees
- Supports mg/dl or mmol/L units
- Customization lists for favorite exercise, insulin and medications.
- Glucose tracking charts

The app's interface is a little clunky though, and the fact that you can only record meals in the standard size is a major limitation, especially when the user wants to record a fraction of a standard serving size that the app uses. However, the app does allow the user to record the number of standard servings taken per meal.

OnTrack: Free

This is perhaps the best Android diabetes app you will find. This Android app allow diabetics to track their glucose levels, exercise routine, food intake and other factors that have a bearing on their health. The application is not merely a data log, but it can also be used to generate reports and graphs. OnTrack can also be used to store information on the medications that are being taken and when those medications were taken. This can be useful information to share with a physician to help him or her better decide on what drugs to prescribe.



Activity	Value	Time	Category
Medication - Humalin	7.0	10:07 PM	Dinner
Glucose	3.3	5:10 PM	Dinner
Food	21.9	5:09 PM	Dinner
Glucose	5.0	11:03 AM	Lunch
Medication - Humalog	7.0	8:02 AM	Dinner
Glucose	8.6	8:00 AM	Breakfast
Food	20.4	8:00 AM	Breakfast

Notable features include:

- Support for international (mmo/l) and US (mg/dl) glucose units.
- The option to export data in a variety of non-proprietary formats including HTML, CSV, and XML.
- The ability to tag each entry with a category such as breakfast, lunch, and snack.
- The ability to rename, remove and add categories such as medications and exercise types as is deemed necessary by the user.
- A detailed log book with tables and graphs that suitable for sharing with one's doctor.
- Automatically have OnTrack select the right category for new entries, based on time of day.
- Activate reminders. For example, remind yourself to take a test two hours after eating food.
- Data backup and restore functionality.

KeepTrack: Free



This app can be used to track blood sugar levels, your weight and when you should take your medications. This is actually a great way to store information and share it with a doctor. Some of the values that can be stored include: blood sugar levels, weight and training results. The app will also remind the carrier when it is time to enter data, so there is no lapse in the record keeping process due to forgetfulness.

AgileDiabetes: \$0.99



This is simple app for people with diabetes that can also be used to track and graph blood glucose levels. With its large buttons and intuitive layout, AgileDiabetes is easy to use, but the meager splattering of features limits its usefulness beyond being a data logger. However, once data is in the app it can be easily emailed to anyone, including a physician.