

Wearable Blood Sugar Alert Gadget for Continuous Glucose Monitoring and Glycemic Notifications: A Futuristic Concept

Respected editor,

Innovative solutions like introducing a futuristic concept for a wearable blood sugar alert device are needed for effective management of the epidemic of diabetes, which is a major concern for world health. Approximate worldwide prevalence of diabetes is 10.5%. When it comes to diabetes, early detection and control are of the utmost importance. To reduce diabetes-related morbidity and death, monitoring blood sugar levels on a regular basis is crucial. There are so many recent advancements in diabetes monitoring but no such device is available to provide a real-time blood sugar level monitor. The advent of the continuous glucose monitoring (CGM) system, which allows for simultaneous glucose monitoring, has revolutionized the care of diabetes. Enhanced monitoring and prompt alarms for hypoglycemia and hyperglycemia can be provided by a wearable blood sugar alert device for CGM, which can revolutionize the way blood sugar levels are assessed.^[1] CGM devices fill this need by constantly monitoring glucose levels, giving detailed information that aids in the better management of diabetes. Wearable continuous glucose monitors include a tiny sensor that is subcutaneously implanted, usually on the abdomen or forearm. The gadget will be worn by the patient for 24 hours and will get an alert regarding real-time hypo- or hyperglycemic episodes.^[2] Modern wearable CGM devices may be integrated seamlessly with smartphones and other smart devices, which will provide detailed analytics, trend reports, and predictive alerts, helping users and healthcare providers to understand and manage glucose levels better. Additionally, data from CGMs can be shared with healthcare professionals remotely, facilitating telemedicine and continuous care.^[3,4] In addition, a more all-encompassing solution for diabetes treatment might be achieved by the integration of wearable CGM devices with insulin pumps and closed-loop systems. This intriguing breakthrough has the potential to automate insulin delivery based on contemporaneous glucose readings.^[5] Consequently, a giant step forward in diabetes care will be the development and implementation of wearable CGM devices. We may be seeing the dawn of a new age in diabetes care with this device, which will undoubtedly connect with other health management systems. With continued innovation, wearable CGM technology will likely become even more user-friendly, accurate, and integrated with other health management systems, heralding a new step in improvised diabetes patient care and leading toward future research in CGM.

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Conflicts of interest

Nothing to declare.

**Hardeep Kaur¹, Shatrughan Pareek²,
Yashwant Ramawat³**

¹Department of Community Health Nursing, University College of Nursing, Faridkot, Punjab, India, ²Research Scholar, Baba Farid University of Health Sciences, Faridkot, Punjab, India, ³Senior Nursing Officer, Department of Wound and Stoma Care, AIIMS, Jodhpur, Rajasthan, India

Address for correspondence:

Mr. Shatrughan Pareek,
Baba Farid University of Health Sciences, Faridkot, Punjab, India.
E-mail: shatrughan.pareek@gmail.com

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