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## 7 Ways Your Cell Phone Can Make You Healthier

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Cell phones get a bad rap in the health world -- science has linked them to everything from [interruptions in our sleep patterns](#) to [carpal tunnel](#), not to mention the recent buzz over whether or not the radiation could contribute to an [increased risk of brain cancer](#).

But while we're finding strategies to make our relationship with cell phones safer (turning them off before bedtime to cut down on light exposure or using wired headsets to reduce radiation exposure), there may also be a healthy medium where the technological innovation of cell phones and smart phones can actually help us to lead healthier lives.



Just recently, several studies have pointed to the positive benefits -- here, the results from those, and other reasons your cell phone may be actually be healthier than you think:

A [recent study](#) published in the American Diabetes Association's *Diabetes Care* found that a mobile coaching app, combined with traditional treatment programs, could help patients to manage their Type 2 diabetes.

Evaluating 163 people, the researchers found a 1.9 percent decline in glycated hemoglobin (an [important factor](#) in how well the disease is being managed) among people using the mobile coaching system -- those without it saw only a 0.7 percent decline.

"These results are very encouraging," principal investigator Charlene C. Quinn, Ph.D., R.N., an assistant professor of epidemiology and public health at the University of Maryland School of Medicine said in a university press release. "Mobile health has the potential to help patients better self-manage any chronic disease, not just diabetes."