



WellDoc App Helps Manage Diabetes



By Joe Arico
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A clinical study revealed WellDoc, a new mobile app, helps manage diabetes to reduce blood sugar levels, as collection of medical data on mobile apps takes a leap forward.

Researchers at the University of Maryland School of Medicine monitored patients with type-2 diabetes to track, and test, their blood sugar levels. The WellDoc Diabetes Manager System asked patients if they exercised or took medication in the day, allowing physicians to make changes to their care. The result, scientists found the system kept blood sugar levels down.

"The trial results indicate that doctors and patients can engage more effectively using mobile health tools like the WellDoc system to enhance patients' diabetes care and their blood glucose," said Charlene C. Quinn, R.N., Ph.D., University of Maryland School of Medicine.

The official results of the study won't debut until September in Diabetes Care magazine, but initial impressions appear to be successful.

Several diabetes-related apps are available on online stores. The "[Diabetes Pilot](#)," among the most popular, keeps records of glucose and insulin levels, but doesn't offer advice.

Meanwhile, the market for medical apps is growing so rapidly that the Food and Drug Administration [plans offer guidelines](#), dealing with efficacy and safety, to developers later this year.

As second-rate medical apps continue to crowd the app store, it may take carefully tested programs like WellDoc's to open the eyes of the masses to the potential of mobile medical apps, making them more effective in the long term.

WellDoc's app will be released this fall.