

5<sup>th</sup> World Congress on

# Diabetes & Metabolism

November 03-05, 2014 Embassy Suites Las Vegas, USA

## Impact of mobile phone short text messages on glycemic control in type 2 diabetes

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**Introduction:** We conducted a feasibility study to evaluate the impact of mobile phone short message service (SMS) on glycemic control in type 2 diabetics.

**Methods:** One hundred patients (41 years  $\pm$  9.5) were selected at the Security Forces Hospital, Riyadh, Saudi Arabia and provided with daily educational, reminding SMS messages for 4 months. Hemoglobin A1C level (HbA1C), frequency of hypoglycemic and hyperglycemic attacks, and compliance with blood glucose monitoring were recorded before and after the trial.

**Results:** Fasting blood glucose level improved from 155mg/dl  $\pm$  57 to 140mg/dl  $\pm$  56, post prandial blood glucose level improved from 198mg/dl  $\pm$  73 to 192 mg/dl  $\pm$  58 and HbA1C decreased from 9.9%  $\pm$  1.8 to 9.5%  $\pm$  1.7, In addition to significant improvement in patients' knowledge.

**Conclusion:** The study concluded that mobile phone text messaging increased the adherence to diabetes therapy and improved the clinical outcome in patients with type 2 diabetes.

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