

## Abstract

The integration of technology in healthcare has revolutionized the management of chronic conditions, particularly diabetes mellitus. This paper explores the potential of advanced technological solutions to achieve optimal glycemic control in diabetic patients. By leveraging continuous glucose monitoring (CGM) systems, insulin pumps, and mobile health (mHealth) applications, patients and healthcare providers can achieve more precise and personalized diabetes management. CGM systems provide real-time glucose data, enabling timely adjustments in insulin therapy and dietary interventions. Insulin pumps, when paired with CGM, facilitate automated insulin

## Keywords:

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## Mobile Health Applications