



Advancing diabetes care: how predictive technology improves daily management



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Hanna Boëthius was first diagnosed with type 1 diabetes in 1985. Growing up, Hanna struggled with her diagnosis, being the only one with diabetes in her class for many years. “Back then, it was a different world for people with diabetes. We didn’t have the tools we have today – we had very slow and inaccurate finger-prick measurements for blood sugar and inflexible insulin that you had to take at set times,” says Hanna.

Today, with around 537 million adults* worldwide diabetes is a global epidemic and a strain on healthcare systems. For people like Hanna, living with diabetes is a lifetime of continuous ups and downs. It means managing multiple devices and loads of therapy data 365 days a year – never taking a break. It also involves making hundreds of therapy decisions every day while trying to maintain physical health, mental well-being and blood glucose levels that are ‘in range’ throughout daily activities such as sleeping, eating and travelling.

Hanna became a diabetes advocate to demonstrate that everyone must find what works for them in managing their diabetes. “I can describe hypoglycaemia, how that feels and how it affects me, but I am the one who needs to manage it. Finding a community of others with diabetes and the right technology helps to navigate this uncertainty,” says Hanna.

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