Advancing diabetes care: how predictive technology improves daily management



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Hanna Boëthius faced significant struggles due to the limited tools available. Over the years, advancements in technology have transformed diabetes management, shifting from reactive to proactive approaches.

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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