

Methods For Analyzes And Monitor Of Hepatology Data In Relation To Non-alcoholic Fatty Liver Disease Via Wearable Technology

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Background : To develop methods for analyzes and monitor of map the intersection(s) of hepatology data in relation to Non-alcoholic fatty liver disease (NAFLD) via wearable technology (MI band) in type 2 diabetic patients in Jaipur city, India. .

Methods : Total of 86 NAFLD with type 2 diabetes patients were taken as subject with an equal ratio of male and female. Wearable monitoring devices (MI band) were put on the wrist of NAFLD patients for 30 days and a questionnaire was filled out by each patient. Both diabetes and cardiovascular disease in turn are known as important factors for developing NAFLD and aggravation toward once end-stage liver disease. In all subjects, blood glucose was measured on daily basis with day to day data of their monitoring of step count (deep sleep, light sleep, wake up time), blood pressure, calorie burnt, insulin dose, motion time i.e. every time when your body was in motion, sleep monitoring, monitoring heart rate, cardiac arrhythmias to know daily routines and recording them for health purpose.

Results : Present results shown that (MI band) wearable device reading showed there was a normal heart rate, more calorie burnt with better control of sugar control and average good sleep count in more physically workout, include walking in NAFLD patients compared to less physically workout NAFLD patients, identified by professional physiotherapists. Wearable device reading showed that after changing lifestyle routine among less physically active NAFLD patients, their post- NAFLD events normalize with less requirement of medicine and insulin injection dose.

Conclusions : With this study we show that , by using, wearable device ensured online assistive feedback for NAFLD patients with type 2 diabetes is possible with their health awareness, exercising and motivate further studies. Lifestyle modification through increased physical activity is beneficial in patients with NAFLD.

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