The patient is very satisfied with the ESYSTA® technology and would now no longer be without this convenient assistance in her everyday life. Having to create her own records of her readings was the biggest benefit for her and it takes a lot of pressure off. She now feels much more confident about her treatment overall.

Without the diabetes management system from Emperra, it would have been extremely difficult to encourage her to cooperate actively with her treatment at all.

She still finds it difficult to carry out her treatment consistently. Due to the nature of her personality, the well-being of others often comes before her own. Whenever the care of her invalid mother takes up a lot of her time, she neglects her own treatment. The ongoing support from her diabetes team provides her with a lot of backup. Together, we enable her to bring her treatment goals back into focus over and over again.

With the ESYSTA® system, the patient keeps her blood glucose levels well under control. Now she can concentrate on her family and her life again.

"By recording the data, we were able to motivate the patient towards a consistent delivery of her treatment and therefore to better adherence."

Peggy Meyer
Specialist in Internal Medicine, DDG Diabetes Specialist
Diabetes Team Berlin
Schönstrasse 5 – 7
13086 Berlin, Germany

ESYSTA® – fully automatic diabetes telemonitoring

ESYSTA® allows a seamless electronic documentation of injected insulin doses, measured blood glucose levels and bread units entered. It allows this data to be transferred automatically and wirelessly from the treatment devices (ESYSTA® Pen, ESYSTA® Lab) to the ESYSTA® Portal. This data is displayed in an optimised manner in graphics and tables and can be viewed at any time using conventional web browsers or the ESYSTA® App.

ESYSTA® offers novel and most importantly more effective approaches to monitoring and managing treatment of insulin-dependent patients with type 1 and type 2 diabetes mellitus. In collaboration with a health insurance company and the Technical University of Dresden, a study involving over 250 patients has shown that with ESYSTA® the HbA1c level can be reduced by around 0.9 % on average.

The ESYSTA® product system, Portal and App meet all requirements pertaining to medical products as defined by CE (EN 13485) and to reliable data management: the data is stored in encrypted form on highly secure servers in Germany; the strictest IT security standard is met in accordance with ISO / EC 27001:2013. Access is possible only by patients and by persons they have authorised.

"The ESYSTA® system is easy to use and gives me a lot of security."

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The ESYSTA® components are available on prescription for all patients.

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The ESYSTA® components are available on prescription for all patients.
History

53-year-old patient, type 2 diabetes mellitus for 11 years.

Also already (BMI 37.5), hypertension, hyperlipidaemia, diabetic polyneuropathy and depression. The patient confirmed that her self-care was minimal. She lives alone and looks after her invalid mother, has a large group of friends and is on the move a lot. Before switching to ESYSTA®, her HbA1c level was 10.2 %. Her diabetes diary exhibited considerable gaps.

Our approach

The patient was given the ESYSTA® system as her blood glucose levels fluctuated markedly and her HbA1c value was much too high at 10.2 %. She also appeared not to be motivated to carry out her treatment consistently. We arranged a detailed educational session so that we could analyse the situation together. A check of her data revealed that on some days she took only a single measurement or none at all. Whenever she did not take a measurement, she also did not deliver the required dose of bolus insulin prior to eating. She didn’t even inject basal insulin every day. A relationship with subsequent rises in blood glucose levels was clearly recognisable from the data – as they were often over 330 mg/dl.

The next step was to draw up an insulin adjustment plan: The measured values and her well-being continued to improve. Based on her data recordings, we were able to show her a relationship with subsequent rises in blood glucose levels was clearly recognisable from the data – as they were often over 330 mg/dl. Her diabetes diary exhibited considerable gaps.

Based on her data recordings, we were able to show her at the second review that her high values are actually getting lower and remaining stable when she measures her blood glucose regularly and consistently injects the right number of units of insulin. After just two months, her HbA1c had fallen below 10 %, and after four months it was at 7.9 %. This success motivated the patient for the first time to continue managing her treatment actively. Up until that point, she had not believed it possible to achieve this goal. This success motivated the patient for the first time to continue managing her treatment actively.

Patient’s measured values

At the start

Blood glucose and insulin chart

- The patient’s treatment errors are clearly visible:
  - Measurement forgotten
  - Bolus insulin forgotten
  - Pens mixed up

ESYSTA® traffic light

- Fewer yellow and red areas confirm the patient’s improved approach to her treatment.
- The change of the traffic light colours in the week-per-view from red to green motivated the patient to continue her adherence to therapy.

Progress of HbA1c levels

Start with ESYSTA® use:

- Six months later:
  - HbA1c: 7.0 %
  - P-value: 0.5 %

After 10 months (with ESYSTA®)

Blood glucose and insulin chart

- The blood glucose levels have obviously fallen. Despite the fact that the patient still makes occasional bolus glucose measurements and does not inject consistently, her metabolic control has stabilised.

ESYSTA® traffic light

- Fewer yellow and red areas confirm the patient’s improved approach to her treatment.
- The change of the traffic light colours in the week-per-view from red to green motivated the patient to continue her adherence to therapy.

At the start

Blood glucose and insulin chart

- The patient’s treatment errors are clearly visible:
  - Measurement forgotten
  - Bolus insulin forgotten
  - Pens mixed up

ESYSTA® traffic light

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