

Usage of Diabetes Self-management Mobile Technology: Options for Ecuador

Jose Medina-Moreira^{1,2(✉)}, Katty Lagos-Ortiz^{1,2},
Harry Luna-Aveiga¹, Ruth Paredes¹, and Rafael Valencia-García³

¹ Universidad de Guayaquil, Cdla, Universitaria Salvador Allende,
Guayaquil, Ecuador

{jose.medinamo, katty.lagoso, Harry.lunaa}@ug.edu.ec

² Universidad Agraria del Ecuador, Avenida 25 de julio, Guayaquil, Ecuador
jmedina@uagraria.edu.ec

³ Facultad de Informática, Universidad de Murcia,
Campus de Espinardo, 30100 Murcia, Spain
valencia@um.es

Abstract. Even though human kind has not even started to explore the vast expectrum of technology, it is doing its best to reach conclusions. Technology has indulged itself in many aspects that have favored the Human Race. Mobile Technology has met the accessibility, practicum, participation, feasibility and even the economic cost standards, which allows it to be the leader when it comes to select an ally that controls and treats chronic illnesses [1]. Having the discipline to follow a program of alimentation and indeed a new lifestyle is not that easy especially when the disorder is called diabetes. This investigation aims to spotlight the devices and apps currently used as an aid to control and adequately treat diabetes using m-Health focusing especially on the reality of Ecuador.

1 Introduction

Diabetes has become a social problem all over the world putting on alert to the public health systems in all the countries because of the expensiveness of its treatment. It has become one of the most dangerous, killing and steadily increasing illnesses. Ecuador is not the exception. It has considerably increased in the last ten years. By 2013, it was estimated that it occupied the first death cause reported by the official statistics of the Government of Ecuador¹. According to INEC (Spanish acronyms for Institute of statistics and Censuses) 63.104 deaths were recorded in 2013 corresponding 4965 to Diabetes mellitus. By 2016 the situation has some variation as shown in Table 1.

These data do not consider people under the age of 30, which would considerably increase the total of cases mentioned in the table. According to the World Health Organization, a demographic change is being registered which affects the humanity worldwide. It is a fact that by the year 2020 the number of births will be less than the one of elderly people. The statistics show that nowadays there are 1,141,444 elderly

¹ <http://www.ecuadrencifras.gob.ec/?s=diabeTes> (Accessed June 8th, 2016).