

# Telemedical lifestyle intervention ups T2DM glycemic control

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eating behavior (all P < 0.05). "In advanced-stage type 2 diabetes, TeLiPro can improve [glycemic control](#) and may offer new options to avoid pharmacological intensification," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry, including Boehringer Ingelheim International GmbH, which funded the study.

**More information:** [Abstract](#)  
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(HealthDay)—A Telemedical Lifestyle Intervention Program (TeLiPro) can improve glycemic control in advanced-stage type 2 diabetes, according to a study published online May 12 in *Diabetes Care*.

Kerstin Kempf, Ph.D., from the Düsseldorf Catholic Hospital Group in Germany, and colleagues examined the efficacy of the TeLiPro in advanced-stage type 2 [diabetes](#). Participants were randomized into two parallel groups: one received weighing scales and step counters and remained in routine care, and the other also received telemedical coaching including medical-mental motivation, a formula diet, and self-monitored blood glucose for 12 weeks (100 and 102 patients, respectively).

The researchers found that the reduction in hemoglobin A1c was significantly higher in the TeLiPro group (mean,  $-1.1 \pm 1.2$  percent versus  $-0.2 \pm 0.8$  percent; P < 0.05). Other benefits included lower body mass index, [systolic blood pressure](#), 10-year cardiovascular risk, antidiabetes medication, and quality of life and

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