

Glucose continuous monitoring devices (CGM) unexpectedly became popular among users of social networks, especially in the USA and Great Britain. Initially designed for people with diabetes, devices began to advance among healthy users as a way to track energy and “improve metabolism”. These gadgets are especially actively advertised by athletes and influents who do not suffer from diabetes.

ABBOTT Laboratories has launched an over-the-counter version of CGM for people without diseases, stating that the device can help control sleep, mood and energy level. However, doctors do not support such a massive fashion. Endocrinologists recall that an increase in sugar after eating is a normal reaction of the body, and in the absence of a diagnosis, constant control of glucose levels does not make sense, writes 360.ru.

Candidate of medical sciences, endocrinologist Irina Skorogudaeva explains: it is enough for a healthy person to donate blood for sugar twice a year in the laboratory. Daily measurements using a tracker can create a false sense of threat and lead to unnecessary anxiety. Only if violations are detected, the doctor can recommend adjusting the diet or prescribe drugs.

Psychologists explain that the mass passion for such devices is associated with people's attempts to obtain control of life in conditions of uncertainty. Clinical psychologist Valeria Amelina-Priplovskaya notes that the more often a person measures the parameters of his body, the higher the level of anxiety. Many translate their condition in social networks, receiving attention and sympathy in return, which can form dependence.

According to experts, real health care is not constant control of indicators and self-diagnosis, but regular observation by specialists. In doubt, it is better to consult a doctor than to buy another gadget.