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Possibilities of the Akabane test for monitoring and correcting diabetic patientsValery Muzhikov¹ and Elena Vershinina²¹Med Byte Ltd., Russia²Pavlov Institute of Physiology, Russia

Currently, the main method of monitoring diabetes is the assessment of blood sugar in the dynamics of observation. However, the level of glycemia is the final product and link in the chain of interaction of various organs and systems of the body. Therefore, it is difficult to assess at the individual level where the main disorders have occurred, and most patients are treated according to the "general scheme". We are developing alternative methods for monitoring patients with diabetes using the Akabane test, which has been used in China since antiquity. With the help of this test, the thresholds of painful temperature sensitivity at certain points on the tips of the fingers and toes are estimated, which reflect the functional state of various organs and systems of the body. Using this test, we get a functional portrait of the body, which is evaluated in the dynamics of observation. We examined more than 900 patients with diabetes. With the help of a mathematical analysis of these tests, it is possible to find out which systems most influence the level of glycemia for the subsequent targeted effect on them. By the test, you can choose the optimal dose of insulin and the time of its administration. Assessing biorhythms at the level of individual systems and using self-learning neural networks, one can predict the level of glycemia within 1-2 days. For such individual monitoring, portable devices were developed.

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