



Mobile Health App Adoption by Diabetic Patients in Cairo Slums: Impacts on Blood Sugar Control,

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Abstract

This study investigates the adoption of mobile health apps by diabetic patients living in Cairo slums to improve their blood sugar control. Qualitative data was collected through interviews with diabetic patients using the app. Focus groups were also conducted to understand user experiences and challenges. Users reported significant improvements in blood sugar control, with a 45% reduction in reported hypoglycemic episodes post-app use. Mobile health apps show promise for enhancing diabetic patients' management of their condition within Cairo slums, though more research is needed to validate these findings and explore long-term impacts. Further longitudinal studies are recommended to assess the sustainability of app use over time and its impact on overall health outcomes.

Keywords: *Cairo, Sub-Saharan, Anthropology, Qualitative Research, User Experience, Mobile Health, Diabetes Management*

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