

Wellthy Therapeutics reveals digital therapeutics intervention on hypertension

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Wellthy has conducted a study on patients diagnosed with hypertension and type 2 diabetes mellitus which is published at World Cardiology Congress organised by the American College of Cardiology.



Wellthy Therapeutics presented their findings on how patients with hypertension were able to establish a significant reduction in blood pressure levels with the help of a digital therapeutic intervention. A further retrospective analysis of blood sugar levels also proved positive results. The abstract was published at the World Cardiology Congress organised by the American College of Cardiology on March 28-30, 2020.

In this study, 66 participants who were diagnosed with hypertension and type 2 diabetes mellitus, and spent at least 12 weeks on the Wellthy Care™ DTx platform were observed.

Patients were onboarded onto the digital therapeutics platform that enables monitoring of data like meals, exercise, blood pressure, blood sugar, etc. and provides real-time feedback. Patients were also provided patient education on their health condition and guidance to action positive behaviour changes that impact the condition.

Before intervention, the baseline mean systolic blood pressure (SBP) was 135.1 mmHg while the mean diastolic blood pressure (DBP) was 86.7 mmHg. After intervention, there was a significant mean reduction in SBP to 127.7 mmHg and in DBP to 83.0 mmHg thus showing an average overall SBP reduction of 7.4 mmHg and DBP of 3.7mmHg. Among patients with stage 2 hypertension, 47% achieved an even higher mean reduction of 12.6 mmHg in SBP and of 8.7 mmHg in DBP.

Further analysis of study participants who also had diabetes as a co-morbidity revealed a reduction in average blood sugar levels by 40.2 mg/dl from an initial ABS of 180.5 mg/dl to 140.3 mg/dl with reduced glycemic variability. Significant reductions were noticed for both Fasting Blood Sugar (FBS) and Postprandial Blood Sugar (PPBS) levels.

Almost 30% of people in India have hypertension and up to 10% have more than one chronic lifestyle illness². As per clinical guidelines, lifestyle management (specific to condition) is a first step to managing chronic conditions. This study goes on to show how digital therapeutics can work closely with patients to action healthy behaviour change to positively impact outcomes.

With this, Wellthy Therapeutics proves its role in helping patients with multimorbidities like hypertension and diabetes, both of which are risk factors for cardiovascular disease. This study is the first in India to showcase significant results in the reduction of blood pressure via digital therapeutic interventions.

Wellthy Therapeutics, which has published 20+ clinical studies in Diabetes management, is now establishing results in the Cardiology space.