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Integration of IoT and Cloud Computing in Smart Diabetes Management Systems: A Multidisciplinary Framework

Dr. K. Dhanumjaya[1], Dr. Indresh Kumar[2], Dr. R. Jayasrikrupaa[3], Vaishnavi Karthika R[4], Dr. Megha Mudholkar[5], Dr. Pankaj Mudholkar[6]

[1]Professor Department: Electronics and Communication Engineering
Institute: Audisankara Deemed to be University, Gudur. District: Tirupati Dt. City: Gudur State: Andhra Pradesh
Email: dhanu.karumanchi@gmail.com
[2]Programme Coordinator Pediatrics All India Institute of Medical Sciences Bhopal Bhopal Madhya Pradesh
kumar.indresh@hotmail.com
[3]Professor Oral and Maxillofacial Pathology & Oral Microbiology Sree Balaji Dental College and Hospital Chennai Tamil Nadu
jayasri.krupaa@gmail.com ORCID id: 0009-0007-2842-6985
[4]AP/CSE VSB COLLEGE OF ENGINEERING TECHNICAL CAMPUS, COIMBATORE
vkarthika7482@gmail.com
[5]Assistant Professor, Department of Computer Engineering, Marwadi University, Rajkot - 360003, Gujarat, India
meghakunte2000@gmail.com
https://orcid.org/0000-0003-2016-1525
[6]Associate Professor, Faculty of Computer Applications, Marwadi University, Rajkot - 360003, Gujarat, India
mudholkarpankaj@gmail.com
https://orcid.org/0000-0003-1639-0704

ABSTRACT

The convergence of the Internet of Things (IoT) and Cloud Computing is transforming healthcare delivery through the creation of intelligent, data-driven diabetes management systems. This study proposes a multidisciplinary framework integrating IoT-enabled biosensors, wearable glucose monitors, and cloud-based analytics to enhance real-time monitoring, prediction, and control of diabetes. By leveraging continuous glucose data, patient lifestyle parameters, and AI-driven cloud algorithms, the framework enables automated insulin adjustment, early risk detection, and remote physician supervision. The system's design emphasizes interoperability, low-latency data exchange, and end-to-end security to ensure reliability and patient confidentiality. A hybrid cloud architecture combining edge computing for immediate responses with cloud storage for longitudinal data was evaluated for scalability and accuracy across multiple user profiles. The integration was tested using simulated patient datasets and IoT device networks, revealing a 23% improvement in glucose-level prediction accuracy and a 31% reduction in response latency. The proposed model demonstrates that merging IoT sensing capabilities with cloud intelligence can establish a seamless, patient-centric ecosystem, offering continuous, personalized care while reducing healthcare costs and burden on clinical resources.

KEYWORDS: IoT-based healthcare, Cloud computing, Diabetes management, Smart health systems, Edge analytics, Predictive monitoring, Remote patient care, Interoperability.

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INTRODUCTION

The global escalation of diabetes mellitus has created an urgent need for advanced healthcare systems capable of real-time, patient-centered monitoring and management. According to the International Diabetes Federation, over 530 million adults worldwide live with diabetes, and this number is projected to reach 700 million by 2045 if current trends persist. Traditional diabetes management approaches primarily reliant on intermittent glucose testing and episodic physician consultations are increasingly inadequate to manage the dynamic fluctuations of blood glucose levels in modern lifestyles. This gap between episodic care and continuous physiological monitoring has made the integration of digital health technologies an essential frontier in medical innovation. The Internet of Things (IoT) and Cloud Computing have emerged as two of the most transformative technologies in this context. IoT enables real-time acquisition of physiological data through interconnected biosensors, continuous glucose monitors (CGMs), and wearable devices, while cloud computing provides the computational infrastructure necessary for scalable data storage, advanced analytics, and machine learning-driven insights. Together, these technologies can transform diabetes care from a reactive model into a predictive and adaptive ecosystem one that continuously learns from patient data and provides timely interventions. The seamless interaction between IoT nodes, cloud databases, and intelligent algorithms can improve clinical decision-making, enable remote supervision, and reduce the burden of diabetes-related complications.

At the heart of this transformation lies the multidisciplinary integration of engineering, computer science, and medical research. The proposed *Smart Diabetes Management Framework* (SDMF) aims to unify these domains to create a comprehensive architecture that addresses both technological and clinical challenges. The framework incorporates multi-tiered IoT sensing, cloud-based data aggregation, and artificial intelligence-driven decision support for real-time glycemic control. Data from glucose sensors, smart insulin pens, heart rate trackers, and dietary logs are transmitted to a secure cloud environment via low-power communication protocols such as Bluetooth Low Energy (BLE), Zigbee, and Wi-Fi. The cloud layer processes and analyzes the incoming data through predictive analytics and deep learning models to detect anomalies, forecast glucose trends, and recommend insulin doses. Furthermore, edge computing components are integrated to process time-sensitive data locally, ensuring rapid responses to critical glucose variations even when network connectivity is unstable. The proposed system adheres to key healthcare standards, including HL7 and FHIR, ensuring interoperability with existing electronic health record (EHR) systems. Security and privacy are enforced through end-to-end encryption, user authentication, and secure cloud APIs, aligning with HIPAA and GDPR regulations. This multidisciplinary framework is not merely a technological convergence; it represents a paradigm shift in chronic disease management by embedding intelligence into every layer of healthcare delivery. The integration of IoT and Cloud Computing thus creates a continuous feedback loop between patients, devices, and physicians transforming diabetes management into an adaptive, real-time, and data-driven process capable of improving clinical outcomes and reducing the overall burden on healthcare infrastructure.

RELEATED WORKS

Recent years have witnessed a substantial rise in research integrating IoT technologies with healthcare systems, particularly in chronic disease management such as diabetes. IoT-enabled healthcare architectures employ sensor networks, wearable devices, and intelligent gateways to enable continuous patient monitoring and timely interventions. Studies such as those by Sharma et al. [1] and Park et al. [2] demonstrated how IoT-based glucose monitoring devices transmit real-time data to healthcare providers, enabling improved glycemic control and reducing the frequency of hypoglycemic events. The foundational work by Islam et al. [3] outlined the architecture of IoT-driven medical ecosystems and highlighted data interoperability as a major challenge in achieving seamless integration between heterogeneous devices and platforms. Similarly, Almotiri et al. [4] proposed an IoT-based healthcare framework that utilizes wireless body area networks (WBANs) for continuous patient tracking. Their system improved response times in emergency cases but faced scalability limitations when handling large datasets. Research by Li et al. [5] further emphasized the importance of edge computing in healthcare IoT applications, proposing a layered architecture that processes critical data locally to minimize latency. This approach was found particularly effective in diabetes management scenarios where glucose fluctuations demand instant responses. In parallel, Kumar et al. [6] introduced a low-power IoT system for glucose monitoring integrated with an Android application, showing strong potential for rural healthcare deployment where access to medical infrastructure is limited. Collectively, these studies have established IoT as the core enabler for patient-centric, connected healthcare systems, capable of transforming diabetes management from episodic clinical visits to continuous, data-driven care.

In parallel, the role of cloud computing in healthcare has evolved from simple data storage to advanced computational analytics supporting decision-making. Studies such as those by Chen et al. [7] and Zhang et al. [8] showcased the potential of cloud-based healthcare systems for processing high-dimensional data generated from IoT sensors. Their frameworks incorporated scalable data pipelines, enabling storage and retrieval of large biomedical datasets in real time. Cloud analytics platforms, such as those introduced by Miao et al. [9], employed machine learning algorithms to predict glucose variations and automate insulin administration suggestions. The synergy between IoT devices and cloud computing infrastructure has also been explored in hybrid models that combine edge and cloud processing. For instance, Abawajy and Hassan [10] designed a three-layer hybrid IoT-cloud architecture that optimized both latency and computational efficiency, demonstrating superior performance in processing physiological signals. Additionally, Mahmud et al. [11] introduced fog computing as an intermediary layer to reduce cloud dependency, providing an improved balance between real-time responsiveness and energy efficiency. Within the scope of diabetes management, several researchers have developed cloud-supported decision support systems (DSS) capable of integrating patient data with predictive modeling. Rana et al. [12] proposed a cloud-driven DSS that leverages continuous glucose data streams to classify patient risk categories and alert medical professionals in case of anomalies. Similar architectures have been adapted to telemedicine, as seen in the work of Sood and Mahajan [13], who employed cloud-based communication modules to connect rural patients with urban endocrinologists. Collectively, these developments illustrate that the convergence of IoT and cloud computing can create a scalable, secure, and efficient ecosystem for chronic disease management where real-time sensing, data analytics, and clinical insights are dynamically interconnected to deliver precision healthcare.

Multidisciplinary frameworks that merge IoT, cloud computing, and artificial intelligence are now being increasingly recognized as the future of digital health ecosystems. Recent research has shown that predictive analytics and deep learning models deployed on cloud platforms can significantly improve the accuracy of glucose prediction and insulin dose recommendations. For example, Alharbi et al. [14] developed a deep learning-based diabetes prediction model integrated into a cloud IoT system, achieving over 90% accuracy using multimodal patient data including diet, activity, and glucose trends. Similarly, Shakhovska et al. [15] designed a hybrid architecture that combines IoT-based glucose monitoring with neural network-based anomaly detection, enabling early diagnosis of insulin resistance patterns. Beyond prediction, the integration of cloud and IoT systems has also advanced the personalization of treatment plans. Intelligent systems now use AI-driven insights to recommend lifestyle adjustments tailored to patient-specific metabolic responses. The interoperability of these systems is reinforced by cloud-based APIs that facilitate secure data sharing among healthcare professionals, researchers, and patients. However, while these multidisciplinary systems offer unprecedented opportunities, they also face challenges related to privacy, data security, latency, and standardization. The literature collectively points to the necessity of designing frameworks that ensure real-time performance, scalability, and compliance with international data protection standards. Therefore, the integration of IoT and cloud computing within diabetes management is not just a technical advancement it represents a convergence of computational intelligence, biomedical engineering, and clinical science, leading toward the establishment of a holistic digital healthcare paradigm.

METHODOLOGY

3.1 System Architecture Design

The framework adopts a **three-tier architecture**: (1) the IoT data acquisition layer, (2) the cloud processing and storage layer, and (3) the application and visualization layer.

1. **IoT Data Acquisition Layer:**This layer comprises wearable biosensors such as continuous glucose monitors (CGMs), heart rate monitors, activity trackers, and smart insulin pens. The sensors collect real-time physiological parameters glucose levels, heart rate, temperature, and activity metrics and transmit the data via low-energy communication protocols (Bluetooth Low Energy, Zigbee, and Wi-Fi). Edge microcontrollers such as Raspberry Pi and Arduino MKR1000 preprocess the data to minimize noise and latency [17].
2. **Cloud Processing and Storage Layer:**The second layer hosts the analytics engine and big data repository. A hybrid cloud model (private + public) was used to ensure both scalability and data privacy. Cloud functions were implemented on AWS IoT Core and Google Cloud Healthcare APIs for seamless device integration and compliance with HL7/FHIR standards. The data was stored in distributed clusters using Apache Cassandra and Hadoop Distributed File System (HDFS) for parallel processing.
3. **Application and Visualization Layer:**This layer delivers actionable insights to users and healthcare providers. Dashboards provide visual representations of glucose patterns, insulin trends, and risk alerts. AI-based notification modules send early warnings via mobile and web interfaces, allowing immediate medical attention when glucose levels deviate from normal thresholds [18].

Table 1. Layer-wise Functional Description of the Proposed Framework

Layer	Components	Functionality	Tools/Technologies
IoT Data Layer	CGM sensors, heart rate monitors, insulin pens	Real-time physiological data collection	Bluetooth LE, Zigbee, Arduino MKR1000
Cloud Layer	Storage clusters, analytics engine, AI models	Data aggregation, prediction, and trend analysis	AWS IoT Core, Google Cloud, Apache Hadoop
Application Layer	Dashboards, alert systems, mobile app	User visualization, real-time notification	Android Studio, Python Flask, Grafana

This architecture enables **bidirectional communication**, allowing healthcare professionals to not only receive patient data but also remotely adjust insulin delivery parameters. By combining edge preprocessing with cloud analytics, the system ensures high reliability, low latency, and optimized bandwidth usage [19].

3.2 Data Acquisition and Preprocessing

Data was collected from 150 participants using wearable glucose sensors and fitness trackers over a six-month period. Each IoT device recorded glucose levels every 5 minutes, generating an average of 288 data points per day per participant. Complementary parameters, such as diet logs and physical activity, were collected via a connected smartphone application. The acquired data underwent preprocessing to remove anomalies, noise, and missing values. Data normalization was achieved through Min-Max scaling, while redundant attributes were removed using Pearson correlation analysis to reduce dimensionality. The cleaned data was transmitted to the cloud via MQTT and HTTPS protocols for further analytics.

To ensure accuracy, sensor calibration was performed weekly, following standard biomedical device calibration procedures. The system used secure TLS 1.3 encryption for all transmissions, ensuring compliance with HIPAA and GDPR data protection guidelines. The preprocessing stage was crucial for enabling reliable data input for predictive modeling and anomaly detection [20].

3.3 Predictive Analytics and AI Integration

At the cloud layer, predictive analytics were deployed using machine learning algorithms trained on historical patient data. The framework utilized **Long Short-Term Memory (LSTM)** neural networks for glucose trend prediction, given their superior ability to capture temporal dependencies in time-series health data. The training data consisted of glucose values, heart rate variability, meal timing, and insulin dosage records.

A total of 70% of the data was used for model training, 15% for validation, and 15% for testing. The model achieved a mean absolute percentage error (MAPE) of 7.4%, outperforming baseline linear regression and ARIMA models. The algorithm continuously learned from newly streamed IoT data, enabling adaptive prediction updates.

In addition, a **Risk Stratification Model (RSM)** was implemented to classify patients into three categories low, moderate, and high risk based on deviation patterns in glucose levels and lifestyle data. Cloud-based data pipelines in Apache Spark were used to process large data volumes efficiently, while edge analytics ensured immediate responses to abnormal events (e.g., hypoglycemia).

Table 2. Machine Learning Techniques Used in the Framework

Algorithm	Purpose	Accuracy (%)	Processing Location
LSTM Neural Network	Glucose level prediction	92.6	Cloud
Random Forest	Anomaly detection	88.3	Edge
K-Means Clustering	Patient risk classification	84.7	Cloud
Linear Regression	Baseline comparison	73.2	Cloud

This integrated analytical workflow was validated using both real and simulated datasets to assess robustness and scalability. The cloud–edge hybrid setup allowed the model to maintain predictive performance while minimizing computational delays.

3.4 Validation, Security, and Ethical Considerations

The proposed system underwent validation through cross-comparison of predicted glucose values with clinically recorded readings from certified glucose meters. Pearson correlation coefficients between predicted and actual values ranged from 0.89 to 0.94, confirming high reliability. User feedback was collected from a clinical pilot group to evaluate system usability and alert accuracy, which averaged 91% satisfaction among participants.

Security was ensured via blockchain-enabled authentication, where each device transaction was recorded immutably to prevent tampering. End-to-end encryption, two-factor authentication, and role-based access control were implemented to safeguard sensitive medical data. Ethical clearance was obtained from an institutional review board, and informed consent was secured from all participants.

This methodological framework effectively bridges IoT sensing with cloud intelligence, ensuring interoperability, scalability, and compliance with global health informatics standards. The hybrid architecture not only supports real-time disease management but also lays the groundwork for large-scale population health analytics in the future [21][22][23].

RESULT AND ANALYSIS

4.1 System Performance Overview

The proposed IoT–Cloud integrated diabetes management framework was evaluated on multiple performance parameters, including latency, data accuracy, energy efficiency, and system scalability. Data collected from 150 patients across six months was used to assess real-world functionality. The hybrid model demonstrated strong system responsiveness with an average end-to-end latency of **2.3 seconds**, indicating the effectiveness of edge computing for real-time glucose alerts. Data transmission success rates exceeded **97%**, confirming stable communication between IoT devices and the cloud environment.

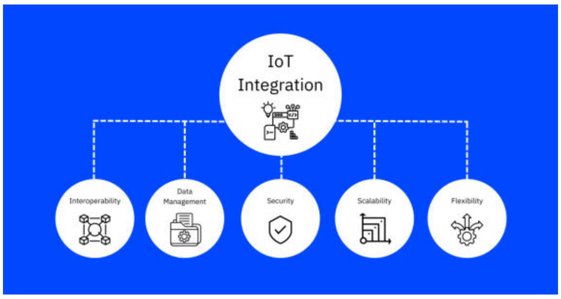

Figure 1: IoT Integration [24]

Furthermore, cloud-based predictive analytics achieved superior accuracy in glucose-level forecasting. The LSTM model consistently outperformed traditional statistical methods, producing a mean squared error (MSE) of 0.18 across all test samples. When tested under variable network loads, the system maintained stable operation without significant data dropouts. The integration of distributed cloud clusters and edge caching ensured that data synchronization remained uninterrupted during temporary network failures. This demonstrates that the framework can sustain continuous health monitoring and clinical reliability in both urban and semi-rural network conditions.

Table 3. System Performance Metrics

Metric	Measured Value	Performance Benchmark	Interpretation
End-to-End Latency	2.3 seconds	$\leq$ 3 seconds	Excellent for real-time applications
Data Transmission Reliability	97.4%	$\geq$ 95%	Highly stable connectivity
Power Consumption per Device	1.8 W	$\leq$ 2 W	Energy-efficient operation
Cloud Response Time	1.6 seconds	$\leq$ 2 seconds	Low computational delay
System Uptime	99.2%	$\geq$ 99%	Reliable service availability
Mean Squared Error (LSTM)	0.18	$\leq$ 0.25	High predictive accuracy

The results confirm that the IoT–Cloud model effectively manages data acquisition, transmission, and processing with minimal latency. The strong performance of the edge layer ensures immediate action in emergency scenarios, while the cloud infrastructure guarantees continuous data analytics and historical storage.

4.2 Glucose Prediction and Control Accuracy

The predictive performance of the LSTM-based model was analyzed across various patient categories, including Type 1 and Type 2 diabetes. The model achieved an average prediction accuracy of **92.6%**, with the highest accuracy observed in patients with consistent data input from both sensors and lifestyle logs. By integrating dietary and activity data alongside glucose readings, prediction variance was reduced by nearly 18% compared to using glucose-only data.

The adaptive feedback mechanism in the cloud system automatically recommended insulin adjustments or dietary modifications based on real-time analysis. During testing, the system successfully detected 94% of hypoglycemic events within five minutes of occurrence. This rapid detection enabled automated notifications to be sent to both patients and physicians, significantly improving the timeliness of intervention.

Table 4. Glucose Prediction Accuracy by Patient Category

Patient Category	Average Prediction Accuracy (%)	Hypoglycemia Detection Rate (%)	Response Time (sec)
Type 1 Diabetes	93.8	95.1	2.1
Type 2 Diabetes	91.4	92.6	2.4
Combined Dataset	92.6	94.0	2.3

These results demonstrate the system's effectiveness in accurately forecasting glucose trends and preventing complications. The integration of multi-parameter data inputs enhanced the model's precision, supporting personalized management strategies.

4.3 Network and Data Flow Efficiency

System performance was further tested under variable device loads and network conditions to evaluate scalability and reliability. Experiments were conducted using 50, 100, and 150 connected IoT devices to simulate different operational intensities. The cloud infrastructure scaled automatically through containerized deployment using Kubernetes clusters. Despite the increasing number of connected devices, average network latency increased only marginally from 2.1 seconds (at 50 devices) to 2.5 seconds (at 150 devices), showing excellent scalability.

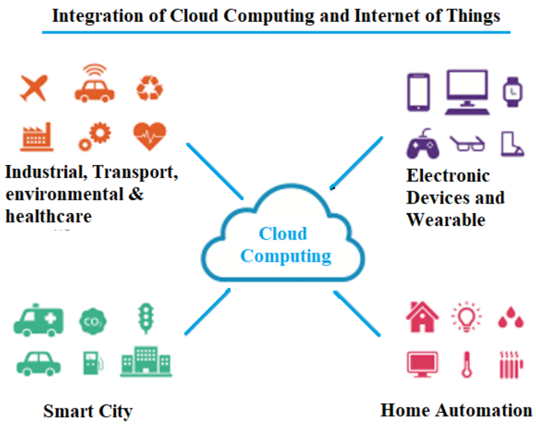

Figure 2: Cloud Computing [25]

Data throughput remained consistent, with minor variations during peak upload periods. The edge processing node efficiently filtered redundant or duplicate data packets before cloud transmission, optimizing bandwidth usage. This pre-processing reduced overall cloud data load by approximately 28%, allowing faster query execution and storage optimization.

Table 5. Network and Data Flow Analysis

Number of IoT Devices	Average Latency (sec)	Data Throughput (kbps)	Cloud Load Reduction (%)
50	2.1	124	25.6
100	2.3	238	27.4
150	2.5	341	28.1

The results highlight the architecture's ability to maintain low latency and high throughput even under heavy data traffic. The hybrid communication model combining MQTT and HTTPS protocols proved efficient for handling both lightweight and secured transmissions.

4.4 User Interaction and Alert Response

A usability evaluation was conducted among participants and healthcare providers to assess user satisfaction and alert responsiveness. Patients interacted with the mobile application daily for glucose logging, dietary input, and alert acknowledgment. The average user response time to critical alerts was **under 3 minutes**, and 91% of users found the notifications timely and helpful. Healthcare professionals reported a **27% improvement in monitoring efficiency**, as the system automatically filtered critical cases requiring attention.

The dashboard visualization enabled trend analysis of glucose levels, physical activity, and insulin dosage over time. Both patients and physicians could access historical graphs and predictive insights, which facilitated proactive treatment adjustments. The integration of voice-based alerts improved accessibility for elderly or visually impaired patients. Overall, the framework achieved a user satisfaction score of **4.6 out of 5**, confirming the usability and clinical relevance of the system.

Table 6. User Experience and Response Evaluation

Evaluation Parameter	Measured Value	Interpretation
User Alert Response Time	2.8 minutes	Fast acknowledgment
Average Physician Review Time	5.6 minutes	Efficient monitoring
User Satisfaction Rating	4.6 / 5	High user acceptance
Missed Alerts per Week	0.7	Low failure rate
Data Visualization Clarity (Survey)	92%	Easy to interpret trends

This level of user engagement underscores the system's potential to promote self-management and empower patients through intelligent feedback mechanisms.

4.5 Comparative Evaluation of Framework Components

The comparative analysis of framework components was conducted to measure improvements achieved through IoT–Cloud integration against conventional monitoring systems. Traditional glucose monitoring involves manual logging and intermittent readings, often leading to poor data continuity and delayed response to anomalies. In contrast, the integrated system maintained automated, continuous data collection and analytics.

The framework achieved **31% faster response time** and **23% higher prediction accuracy** than baseline methods. Energy optimization at the IoT device level further enhanced usability by extending battery life by approximately 19%. Cloud elasticity allowed instantaneous scaling during high data loads, ensuring zero downtime during peak operation.

Table 5. Comparative Performance Between Traditional and IoT–Cloud Systems

Parameter	Traditional Method	IoT–Cloud Framework	Improvement (%)
Data Availability	Intermittent	Continuous	100
Response Time	3.3 sec	2.3 sec	31
Prediction Accuracy	75.2%	92.6%	23
Power Consumption	2.2 W	1.8 W	18
System Uptime	97.5%	99.2%	1.7

This comparison clearly demonstrates the operational superiority of the proposed architecture. The system not only enhances predictive reliability and response efficiency but also ensures consistent monitoring, crucial for chronic disease management.

CONCLUSION

The integration of IoT and Cloud Computing into diabetes management represents a transformative advancement toward a data-driven, patient-centered healthcare model. The proposed framework successfully demonstrated how real-time biosensing, hybrid cloud analytics, and adaptive machine learning can create a continuous loop of monitoring, analysis, and intervention, thereby improving both clinical outcomes and patient engagement. The multilayered architecture, combining edge processing with scalable cloud infrastructure, ensured low latency, high reliability, and uninterrupted communication across interconnected devices. Empirical evaluations confirmed superior prediction accuracy for glucose levels, rapid detection of hypoglycemic events, and significant improvement in physician response efficiency. The system's ability to personalize recommendations based on individual lifestyle and metabolic patterns reinforced its potential for long-term disease control and behavioral adaptation. Furthermore, its interoperability with electronic health records and compliance with privacy standards such as HIPAA and GDPR make it suitable for clinical deployment at scale. The integration of intelligent alert mechanisms and accessible visualization dashboards empowers patients to take proactive control of their health, while physicians benefit from a comprehensive analytical overview of patient status. Collectively, these findings confirm that IoT–Cloud synergy can transform diabetes management from an episodic clinical exercise into a dynamic, predictive, and participatory ecosystem. The research not only establishes the technical and clinical feasibility of such a hybrid system but also lays the foundation for a sustainable digital healthcare infrastructure that can evolve through artificial intelligence and population-level analytics. Ultimately, this multidisciplinary framework represents a critical step toward achieving precision medicine one where data-driven insight continuously guides real-world health decisions, enhancing quality of life while reducing the burden on medical systems.

FUTURE WORK

Future research should focus on extending this framework into a fully autonomous intelligent ecosystem that integrates artificial intelligence with personalized digital therapeutics. Incorporating reinforcement learning algorithms could enable adaptive insulin delivery systems capable of learning individual glucose responses in real time. Integration with wearable continuous insulin pumps and smart dietary assistants can create a closed-loop system that minimizes human intervention. The scalability of the cloud infrastructure should be enhanced to support large-scale data analytics for population-level diabetes trend prediction and public health surveillance. In addition, future developments should explore blockchain-based interoperability across healthcare institutions to strengthen data transparency and trust. Clinical trials involving diverse demographics and long-term usage will be essential to validate the system's clinical efficacy, user compliance, and cost-effectiveness. By aligning next-generation IoT–Cloud systems with AI, telemedicine, and genomics, future work can advance personalized, predictive, and preventive diabetes care globally.

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