Future work should focus on investigating the mechanisms underlying the comorbidity of diabetes and hypertension for improvement of BG. From the behavioral science perspective, this is not surprising. Simultaneously, directing effort into actionable areas also observed real-time linkage between a reduction in BP levels and a reduction in BG levels. These authors hypothesized that during the first 6 months of BP monitoring, BG and BP levels would decrease. They also suggested a positive association between BP levels and the following month's BG levels.

The researchers analyzed the digital data of the users who, in addition to BG, monitored their BP using the same app in 6 months before and after starting their BP monitoring. Prospectively scan-nesting established a control group (with no blood pressure monitoring) matched on demographic and baseline clinical measures to the BPM group. They also suggested a positive association between BP levels and the following month's BG levels.

A large proportion of persons with diabetes well but poorly controlled hypertension, which may reflect not only delayed recognition of the presence of hypertension, clinical inertia, and poor adherence to the prescribed regimen but also uncertainty regarding the treatment targets and pathogenic correlation.

Hypertension and diabetes are major risk factors for cardiovascular disease, stroke, and kidney disorders; however, hypertension is the leading cause of morbidity and mortality among persons with type 2 diabetes.

Communication of test results also has been shown to be highly desired among people with hypertension, and lifestyle-focused educational messages providing advice, motivational reminders, and support also were shown to be effective in improving hypertension and other chronic conditions.

Although mobile apps have the potential to be beneficial for people with hypertension or diabetes, little is known about their efficacy in targeting several chronic conditions at one time or monitoring both BP and BG levels on a regular basis. These mobile apps can help people with diabetes and hypertension to be more aware of their condition and to better understand how to manage their health.

The researchers found that the use of mobile apps in this study was associated with a decrease in both BP and BG levels. These findings suggest that mobile apps may be useful for improving BP and BG levels in people with diabetes and hypertension. The findings also suggest that mobile apps may be useful for improving BP and BG levels in people with diabetes and hypertension. The findings also suggest that mobile apps may be useful for improving BP and BG levels in people with diabetes and hypertension. The findings also suggest that mobile apps may be useful for improving BP and BG levels in people with diabetes and hypertension. The findings also suggest that mobile apps may be useful for improving BP and BG levels in people with diabetes and hypertension.

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