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Betty: A plug to make your devices smart

Synopsis

Through the app, you can set it to notify you if it detects movement within the vicinity of the plug.



Betty is a smartplug that comes with a SIM card built in. Once you download the app ([Android](#) & iOS), the first thing you can do is remotely turn the appliance on or off from the app. It has the larger 16amp plug, which means it can accommodate all kinds of devices like air conditioners, water heaters, room heaters, water pumps and so on.

Obviously, if you want to use it with any kind of smaller appliances (set top box, lamps, table fans), that's fine too. You can hook up multiple smaller lamps using an extension box if you need to.

There is a delay of about 5 seconds between a command on the app and when

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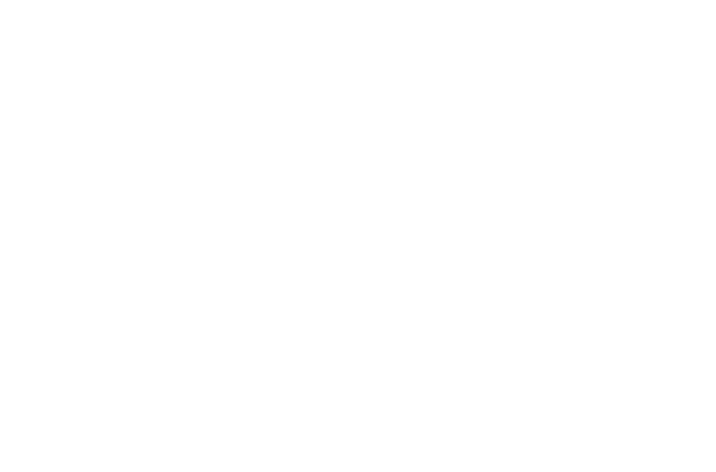
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since Betty only has a GSM connection. We've seen some other solutions that connect to your home wi-fi network.

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Those systems are usually expandable and they use a 'hub' to which the other plugs connect. Betty is a standalone product and you can get more if you wish to, plus control them all from the same app. But wait, there's more. Betty comes with a motion detector attachment.

Through the app, you can set it to notify you if it detects movement within the vicinity of the plug (useful if you spend time away from home). It can also monitor electricity usage of the appliance you have connected and the app lets you do things like schedule an on/off time and add multiple users. It works well though you should know that there is a recurring charge to it since it uses GSM technology for connectivity.

he service is free for the first year but post that, you'll pay Rs 499 for every 6 months of use per plug that you have. Costs can add up quickly — so if you

SECTIONS [Betty: A plug to make your devices smart](#)

oakter. The other small niggle is that the black Betty plug is quite large (about 7 to 8 inches) and sticks out like a sore thumb. This is the one to go for if you want to control just one appliance remotely and need the added intrusion detection.

By Hitesh Raj Bhagat

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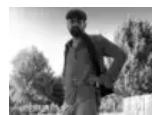
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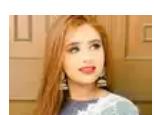
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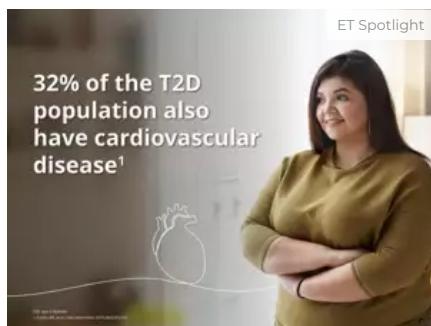
Diabetes and heart health: Acting early

ET Spotlight Last Updated: Nov 11, 2024, 03:47:00 PM IST

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Synopsis

Type 2 diabetes significantly elevates the risk of heart disease, making individuals more susceptible to heart attacks, strokes, and heart failure. Early management is crucial, focusing on blood sugar control, blood pressure and cholesterol management, weight loss, and lifestyle modifications. This proactive approach can provide long-term heart health benefits, known as the "legacy effect."



Did you know that 10% of the adults worldwide live with diabetes? Of these, around 90% suffer from Type 2 diabetes (T2D).¹ T2D is not only about high blood sugar; it also significantly increases the risk of heart disease. People with T2D are two to four times more likely to experience heart-related issues, such as heart attacks, strokes, and heart failure,

compared to those without diabetes.^{2,3,4} What's more, these complications tend to strike about 15 years earlier in those with T2D, especially women.^{5,6,7,8,9}

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Understanding the risks

T2D presents many health challenges, including obesity, high cholesterol levels, high blood pressure, and insulin resistance. These factors can lead to a build-up of fatty deposits in the blood vessels or arteries (atherosclerosis), increasing the risk of severe heart issues even in the early stages of the disease.^{10,11} Research indicates that people who develop diabetes from prediabetes within just two years face an increased risk of hospitalisation for heart failure and even death from heart-related issues.^{12,13}



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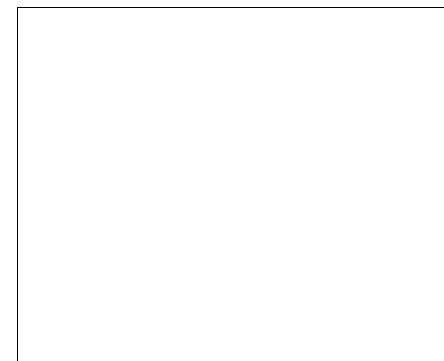
Dr. Ambrish Mithal, Chairman & Head – Endocrinology & Diabetes, Pan Max India



Taking action early

When it comes to managing Type 2 Diabetes (T2D), prioritising your heart health should be a top priority. Given the complex nature of heart risks associated with T2D, a comprehensive approach to reducing these risks is crucial. Here's how you can take action today to keep your heart healthy:

- **Blood sugar control:** Keeping blood sugar levels in check can significantly lower the risk of heart attacks. New anti-diabetic medications can also reduce this risk. Ask your doctor if these treatments are suitable for you.^{14,15,16,17}
- **Blood pressure management:** High blood pressure is common in T2D and substantially increases the risk of heart problems. Lowering blood pressure can thus reduce the risk of heart complications.^{18,19,20}
- **Cholesterol management:** Patients with T2D often have imbalanced cholesterol levels. Using statins—a commonly used cholesterol medication—can reduce the risks of heart issues, even if cholesterol levels aren't high.²¹
- **Lifestyle modifications:** Simple lifestyle changes, such as losing weight, improving diet, and increasing exercising can make a big difference in reducing heart risks.²²
- **Weight management:** If you have T2D, losing excess weight can do wonders for your heart. Studies show that even a 5–10% reduction in body weight can greatly reduce the risk of heart problems.^{23,24}



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The Legacy Effect

Addressing these issues early on can provide long-lasting benefits. This is known as the "legacy effect," where starting treatment for T2D early and aggressively can protect your heart for years, even if treatment becomes less intense later. Studies have shown that good blood sugar control early in the disease can keep your heart healthy for up to a decade, making early intervention essential for long-term heart health.^{25,26}

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If you've T2D, it's essential to take control of your heart health as early as possible. The choices you make today can provide long-lasting benefits, protecting your heart for years to come. Don't wait—consult a healthcare professional to develop a comprehensive plan that includes managing blood sugar, blood pressure, cholesterol, and weight along with lifestyle changes. Taking action now is the best way to ensure a healthier future.

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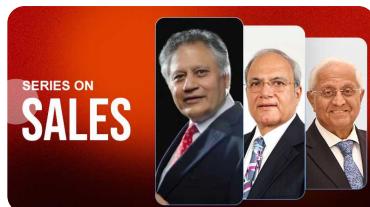
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