Smart Insulin Patches: A Novel Drug Delivery Approach for Diabetes Management

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Abstract

Diabetes mellitus is a chronic metabolic disorder characterized by impaired insulin secretion and glucose homeostasis, affecting millions globally and posing significant health and economic challenges. Conventional insulin delivery methods, including subcutaneous injections and insulin pumps, are effective but associated with limitations such as pain, frequent administration, poor adherence, risk of hypoglycemia, and difficulties in maintaining precise glycemic control. Smart insulin patches (SIPs) have emerged as a minimally invasive, glucose-responsive, and self-regulated insulin delivery system to overcome these limitations. They typically incorporate microneedle arrays, glucose-sensing components, and insulin reservoirs, enabling controlled insulin release in response to fluctuating blood glucose levels, mimicking pancreatic function. Advanced patches utilize glucose oxidase, hypoxia-sensitive vesicles, and polymeric hydrogels to achieve rapid, responsive insulin release under hyperglycemic conditions. This review summarizes the design, fabrication techniques, mechanisms, instrumentation, and preclinical/clinical studies, while also discussing regulatory pathways, patient compliance, ethical considerations, stability, biocompatibility, and mass production challenges. Emerging trends, including wearable integration, nanotechnology-based sensors, and advanced materials, are also addressed. Overall, SIPs represent a promising strategy combining precision medicine, nanotechnology, and patient-centric care.

Keywords: Diabetes, Smart Insulin Patch, Microneedle, Glucose-Responsive Delivery, Insulin, Nanotechnology, Controlled Drug Delivery, Self-Regulated Therapy

Introduction

Diabetes mellitus is rapidly becoming a major global health issue, affecting over 500 million people worldwide, with numbers projected to rise sharply in the coming years [1,2]. The condition arises from impaired insulin production, insulin resistance, or both, resulting in persistent high blood sugar levels [2]. If left uncontrolled over time, diabetes can lead to serious complications, including cardiovascular disease, kidney failure, nerve damage, and eye disorders [1,2]. According to the International Diabetes Federation (IDF) 2024 report, an estimated 540 million adults worldwide are living with diabetes, and this number is projected to reach 643 million by 2030 and 783 million by 2045 [1]. Beyond the clinical burden, the global economic impact of diabetes is profound, with healthcare expenditures surpassing USD 966 billion in 2021 [1]. Productivity losses due to disability, absenteeism, and premature death further increase the economic burden on society [1,2]. Although insulin pumps and closed-loop artificial pancreas systems have shown progress, they remain costly, bulky, and require frequent calibration, limiting accessibility in low- and middle-income countries [3,4]. This underscores the urgent need for cost-effective, minimally invasive, and patient-friendly technologies such as smart insulin patches [3,5]. Beyond the clinical complications, diabetes imposes a major economic and psychological burden worldwide [1,2]. Patients' dependent on multiple daily insulin injections often experiences needle anxiety, poor adherence, and social discomfort, which affects mental health and quality of life [3,4]. Smart insulin patches aim to address not only the clinical aspects but also these psychosocial and economic challenges [5,6].

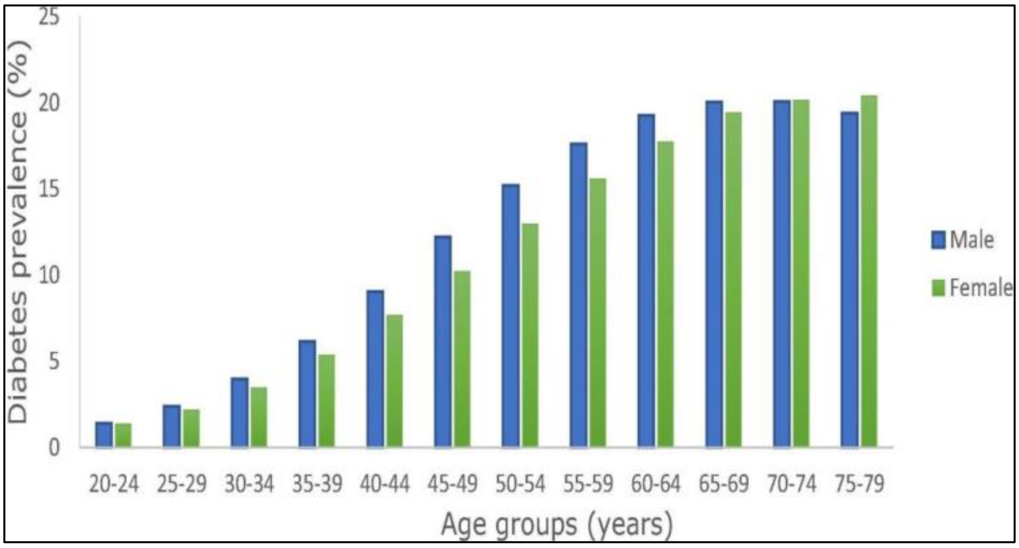
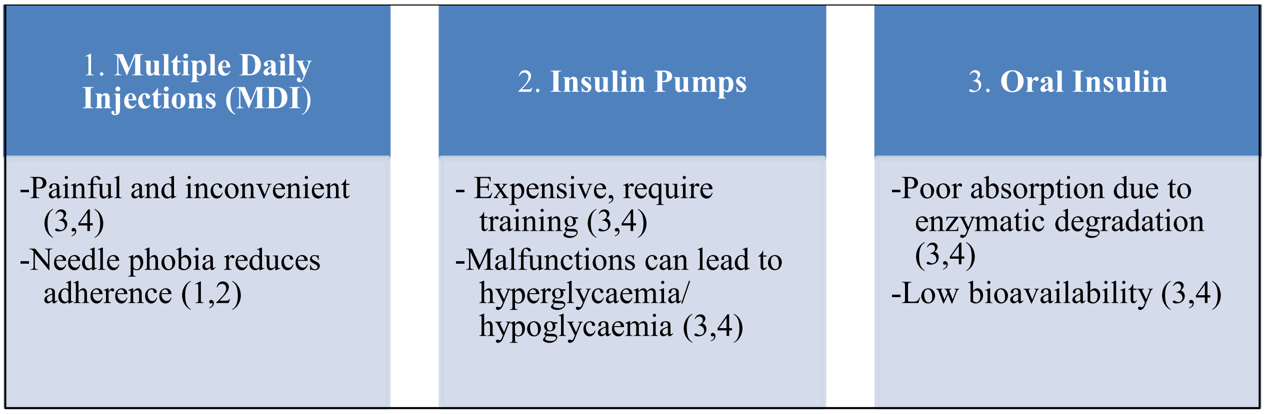


Figure no 1: Global Diabetes Prevalence Graph

LIMITATIONS OF CONVENTIONAL INSULIN THERAPY



1. **Multiple Daily Injections (MDI)**	2. **Insulin Pumps**	3. **Oral Insulin**
-Painful and inconvenient (3,4) -Needle phobia reduces adherence (1,2)	- Expensive, require training (3,4) -Malfunctions can lead to hyperglycaemia/ hypoglycaemia (3,4)	-Poor absorption due to enzymatic degradation (3,4) -Low bioavailability (3,4)

Figure no 2: Limitations

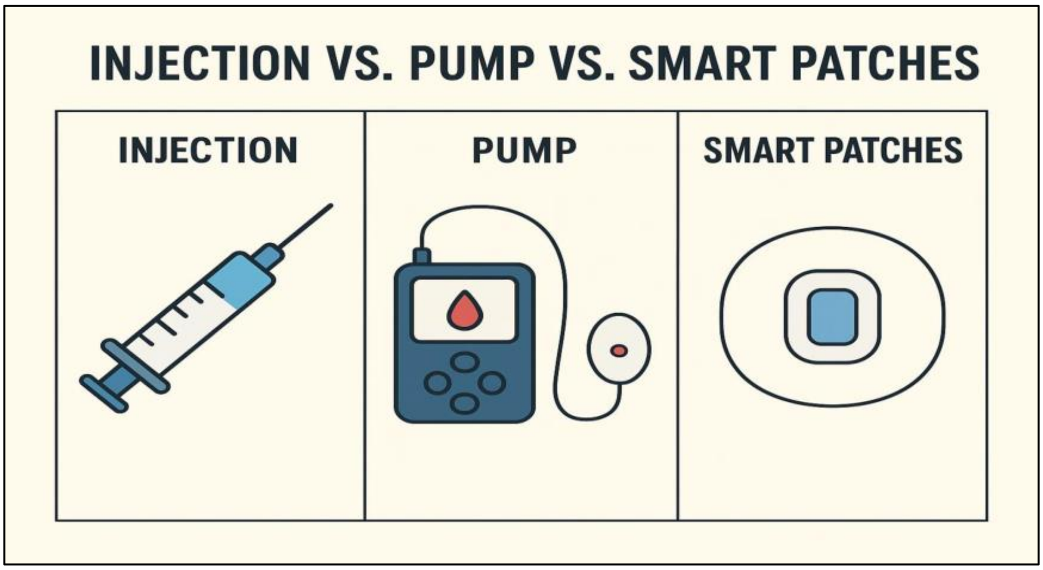


Figure no 3: – Injection vs. Pump vs. Smart Patches diagram

Table Number 1: - Patch vs Injection vs Pump Comparison

Feature	Injection	Pump	Patch
Pain	High	Low	Very low
Compliance	Medium	Medium	High
Monitoring	Manual	Continuous	Integrated with CGM

BACKGROUND / LITRATURE REVIEW

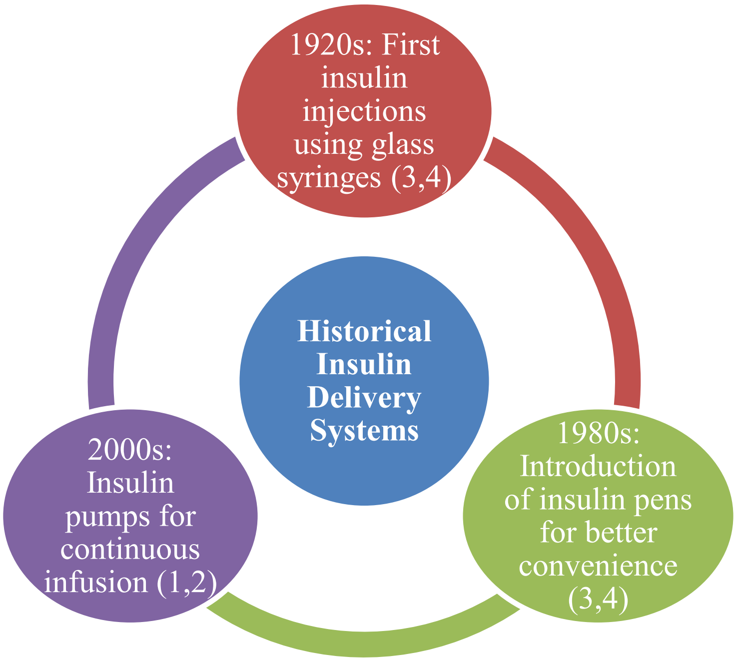


Table Number 2: Evolution of Insulin Delivery Systems

Year	Method	Advantages	Limitations
1992	Glass Syringe	Effective	Inconvenient
1985	Insulin Pen	Accurate	Skill

			requires injection
2000	Insulin Pump	Continuous	Device Issue

While numerous studies have demonstrated the preclinical success of smart insulin patches, systematic reviews published in 2022–2024 emphasize a critical gap: the majority of studies remain confined to animal models (3,5). Only a handful of early-phase clinical trials have been initiated, and long-term safety and large-scale human efficacy studies are still lacking. This highlights the need for sustained translational research bridging laboratory innovations with real-world clinical application (3,5,6)

Basics of Smart Insulin Patches

Smart insulin patches are an innovative drug delivery system that can detect blood glucose levels and release insulin in response (5,6) Unlike conventional insulin therapies, these patches function automatically, closely mimicking the natural role of the pancreas (3,5). They are composed of microneedle arrays made from biodegradable or biocompatible materials, with each microneedle acting as a tiny channel to deliver insulin directly into the interstitial fluid beneath the skin (6,7) Need for Smart Insulin Patches The concept of smart insulin patches was first introduced in the early 2000s, but significant advancements have occurred in the past decade due to progress in nanotechnology, biomaterials, and biosensor design (5,8).

Different types of microneedles have been developed:

- Solid microneedles – create micro-channels in the skin.
- Coated microneedles – insulin coated on the needle surface.
- Dissolving microneedles – polymer-based, dissolve to release insulin.

Hydrogel-based microneedles – swell in response to glucose levels (6,7,8). By integrating biosensors with drug delivery, SIPs act as a unified system for continuous glucose monitoring and feedback-controlled insulin release (5,6,8).

Microneedle Technology:

- Tiny needles (100–1000 µm) (6,7)
- Painless delivery through the stratum corneum (6,7)
- Can deliver insulin, vaccines, or other macromolecules (7,8)

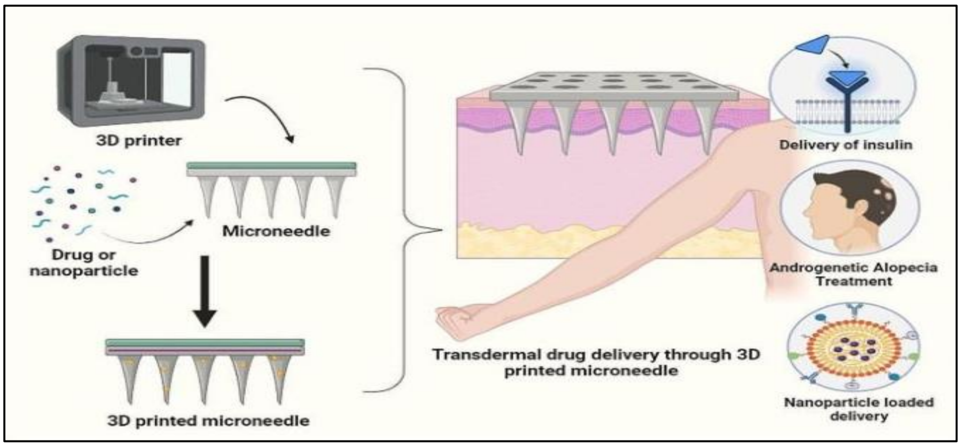


Figure no 4: Microneedle

Sketch Glucose-Responsive Systems

Enzyme-based: Glucose oxidase converts glucose →gluconic acid →triggers insulin release (3,5,6) Polymer-based: Phenylboronic acid or pH-responsive hydrogels (6,7) Nanoparticle carriers: Insulin stored in vesicles/nanoparticles for controlled release (6,8)

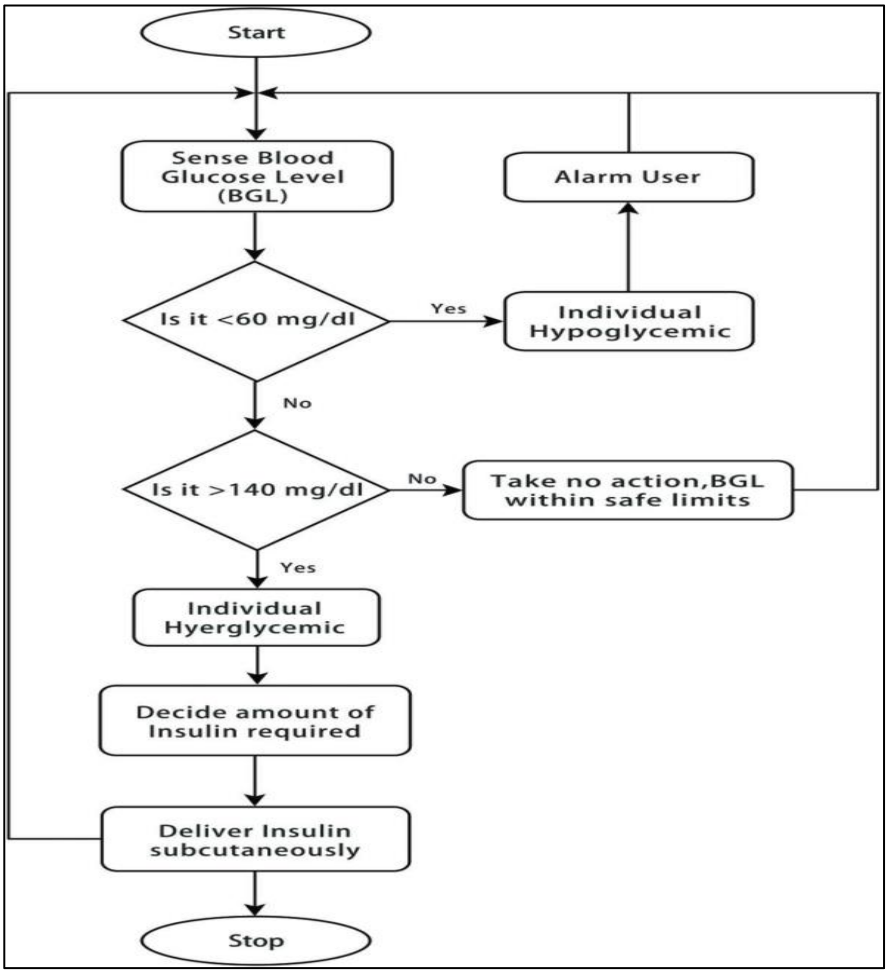


Figure no 5: Mechanism of action

PRINCIPLE / MECHANISM OF ACTION

Glucose-Responsive Insulin Release: When glucose levels rise, biosensors detect the increase →trigger insulin release →glucose returns to normal, mimicking pancreatic beta-cell activity (5,6,7).

Types of Sensors:

1. Enzymatic – Glucose oxidase converts glucose to gluconic acid (3,5)
2. pH-responsive hydrogels – Swell/degrade in response to glucose (6,7)
3. Synthetic polymers – Phenylboronic acid binds glucose (6,8)

Advantages of Feedback-Controlled Release

Reduced risk of hypoglycemia (5,6)
Improved glycemic control (6,7)
Painless and convenient (6,8)

Future Outlook in Mechanistic Design:

Beyond glucose-oxidase and polymer-based systems, researchers are developing hybrid sensing mechanisms that combine enzymatic and synthetic triggers for faster and more precise responsiveness (7,8). For instance, microneedles functionalized with both GOx and PBA can detect glucose via enzymatic conversion and polymer swelling simultaneously, resulting in more accurate insulin release.

Materials and Composition/ Design/model

1. **Microneedle Array**: Made from biodegradable polymers (such as polylactic acid or chitosan), metals, or hydrogels, these microneedles are designed to be strong enough to penetrate the skin's outer layer while remaining painless for the user (3,4).
2. **Insulin Reservoir**: Insulin is stored either within the microneedles themselves or in a backing layer, from which it diffuses into the skin when activated (7).
3. **Glucose-Responsive Elements:** Components like glucose oxidase (GOx), phenylboronic acid (PBA), or specialized hydrogels are incorporated to sense elevated glucose levels and trigger insulin release accordingly (10.
4. **Polymer Matrix:** Biocompatible polymers regulate swelling, degradation, or diffusion,

ensuring controlled and consistent insulin delivery (11). Selecting these materials carefully is crucial to guarantee the patch's safety, effectiveness, and stability.

Components of Smart Patch

1. Microneedle array – Penetrates skin painlessly
2. Insulin reservoir – Nanoparticles or vesicles storing insulin
3. Glucose sensor – Enzymatic or polymer-based
4. Responsive matrix – Hydrogel or polymer controlling release
5. Figure Placeholder: Labeled diagram of patch cross-section

Material Selection

Polymers: Chitosan, PLGA, hyaluronic acid
Hydrogels: Biodegradable, responsive to pH/glucose
Insulin carriers: Liposomes, nanoparticles

Table 3: Materials vs. Functions

Material	Function
PLGA	Biodegradable microneedle matrix
Chitosan	Bio-compatible polymer
Hydrogel	Glucose-responsive insulin release

Challenges in Material Selection

One of the major limitations of smart insulin patches is the instability of insulin proteins during storage and fabrication [17]. Insulin can undergo aggregation and denaturation, especially under heat or moisture. Stabilizing excipients such as trehalose, sucrose, and mannitol are often added to maintain bioactivity [15]. PEGylation and nanoparticle/liposome encapsulation protect insulin from degradation and extend its release profile [16]. These approaches are essential to ensure long-term stability and bioavailability of insulin in real-world conditions.

Fabrication and Instrumentation of Smart Insulin Patches

The development of smart insulin patches involves microneedle array creation, integration of glucose-sensitive biomaterials, and encapsulation of insulin in a stable and responsive delivery matrix [1,2]. Advanced fabrication techniques and precise instrumentation ensure reproducibility, safety, and effectiveness.

Fabrication Techniques

1. Microneedle Fabrication

1. Molding: Polydimethylsiloxane (PDMS) Molds are commonly used to form uniform microneedle arrays [3]. 3D Printing / Photolithography: Enable precise geometry and reliable skin penetration [4].
2. Materials: Biocompatible polymers such as hyaluronic acid and polyvinylpyrrolidone, often combined with glucose-sensitive moieties like glucose oxidase (GOx) or phenylboronic acid (PBA) [5,6].

3. Incorporation of Glucose-Responsive Matrix

1. GOx-Based Systems: Glucose oxidase immobilized in hydrogels triggers local pH changes for insulin release [7]. PBA-Based Systems: Phenylboronic acid–functionalized hydrogels swell/shrink in response to glucose concentration [8].
2. Insulin Loading: Techniques such as diffusion, lyophilization, or vacuum-assisted loading embed insulin into microneedle tips or hydrogel matrices [9].

2. Layered Patch Assembly

1. Backing Layer: Provides structural support and user handling [10].
2. Insulin Reservoir Layer: Stores insulin with glucose-sensitive components for controlled release [11].

Microneedle Layer: Facilitates minimally invasive skin penetration and delivery [12].

Instrumentation

Key instruments utilized in the development of smart insulin patches include:

Table no 4 - Instrumentation and Function

Purpose	Instruments	Functions
Micro Needle fabrication	PDMS molds 3D micro-printers, photolithography system	Ensure accurate micro-needle shape and size
Polymer and Hydrogen Characterization	FTIR, NMR, SEM, TEM	Analyzes chemical structure and surface morphology
Glucose responsiveness	UV-Vis spectrophotometer, electrochemical analyzer	Measure Insulin release in response to glucose levels
Insulin Qualification	HPLC, ELISA	Determines insulin content and release kinetic
Mechanical testing	Universal testing machine	Evaluates micro-needle strength and penetration capability
In-vitro and Ex-vitro studies	Franz diffusion cells, skin models	Assess insulin diffusion and skin penetration efficiency

Applications of Smart Insulin Patches

Smart insulin patches are primarily designed for diabetes management, but recent studies also explore their use in precision medicine and integrated healthcare [1,2].

1. Diabetes Management

Type 1 Diabetes: SIPs provide painless, continuous insulin delivery to replace multiple daily injections. They automatically adjust insulin based on fluctuating glucose levels [3,4]. Type 2 Diabetes (Insulin-Dependent): SIPs help avoid hypo glycaemia by releasing insulin only when blood glucose rises above a threshold [5,6].

2. Closed-Loop Glucose Control ("Artificial Pancreas")

SIPs can act as a wearable alternative to insulin pumps and continuous glucose monitors (CGMs), offering a self-regulated system with feedback-controlled insulin release [7,8]. Potential integration with AI and biosensors may enable fully autonomous diabetes care [9].

3. Paediatric & Geriatric Applications

Children and elderly patients often resist needles. SIPs allow needle-free insulin therapy, improving adherence and comfort [10,11].

4. Emergency Hyperglycemia Management

Rapid-response SIPs can help stabilize sudden glucose spikes in critical care settings [12].

5. Personalized Medicine

SIPs can be fabricated with customized insulin doses, polymer matrices, and sensitivity levels tailored to individual patient needs [13,14].

6. Potential Beyond Insulin (Emerging)

Research suggests microneedle patches could also deliver other peptide drugs like GLP-1 analogues or dual insulin–GLP-1 systems for advanced diabetes therapy [15,16]. Beyond diabetes management, smart microneedle patches show promise in other therapeutic areas. Vaccine delivery (influenza, COVID-19, hepatitis) using dissolvable microneedles has been shown to generate robust immune responses without syringes [17,18]. Similarly, patches are being developed for contraceptive hormone delivery, cancer immunotherapy peptides, and chronic pain medications, highlighting the broad versatility of microneedle technology [19,20]. These applications expand the potential of smart patches beyond glucose regulation, making them a platform technology in drug delivery [21].

Advantages of Smart Insulin Patches

1. **Painless and Minimally Invasive**
   Microneedle-based patches penetrate only the upper skin layers, avoiding pain and tissue damage caused by traditional subcutaneous injections (1,2).
2. **Glucose-Responsive and Feedback-Controlled Release**
   Polymers and enzymes (e.g., glucose oxidase, phenylboronic acid) enable self-regulated insulin release, closely mimicking physiological pancreatic function (3,4,5).
3. **Reduced Risk of Hypoglycemia and Hyperglycemia**
   Insulin is released only when glucose levels rise, lowering risks of sudden hypoglycemia common with conventional fixed-dose injections (6,7).
4. **Improved Glycemic Stability and Patient Compliance**
   Continuous, regulated insulin delivery reduces glucose fluctuations and enhances adherence, especially for children and elderly patients who resist needle-based therapy (8,9).

5. **Potential for Integration with Digital Health**
   Smart insulin patches can be combined with wearable glucose sensors, AI algorithms, and mobile health platforms to create a closed-loop "artificial pancreas" (10,11).
6. **Scope for Personalized Therapy**
   Material selection and patch design allow adjustment of insulin dose, release sensitivity, and wear duration for individualized treatments (12,13). While smart insulin patches address pain and adherence, storage stability remains a major limitation. Insulin requires refrigeration, and prolonged exposure to high temperatures can reduce patch effectiveness (14). Additionally, patch adhesion issues (sweating, skin movement, or long wear duration) may reduce performance in real-world conditions (15). Patient-centric factors such as comfort during daily wear, visibility on the skin, and cost of replacement patches must also be considered before widespread adoption (16).

Ethical and Patient-Centered Considerations

The development of smart insulin patches must also be evaluated from an ethical and patient-centered perspective. Since these devices are primarily intended for long-term, everyday use, patient safety, comfort, and accessibility become critical factors [17,18]. Ethical considerations include ensuring informed consent, particularly in vulnerable populations such as children, the elderly, and individuals with cognitive impairment, who may not fully understand the technology or its risks [19]. From a patient perspective, factors such as skin compatibility, adhesion during sweating or movement, visibility of the patch on the body, and potential allergic reactions play a decisive role in acceptance [20]. The psychological burden of wearing a visible medical device must also be considered, as stigma or self-consciousness may reduce adherence [21]. Affordability and equitable access remain another ethical challenge. Advanced drug delivery systems like smart insulin patches often carry high development and production costs, which may restrict availability to patients in low- and middle-income countries where diabetes prevalence is rising most rapidly [22,23]. Therefore, researchers, manufacturers, and regulatory agencies must balance innovation with accessibility, ensuring that smart insulin patches do not widen the healthcare inequality gap [24].

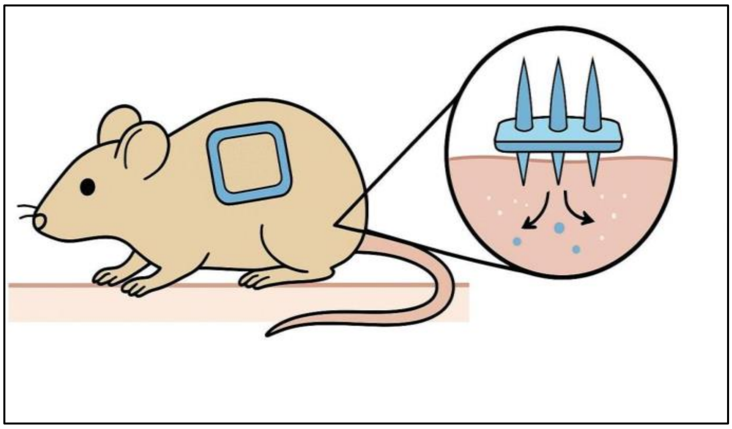


Figure no. 6: Preclinical smart insulin patch application in mice showing microneedles penetrating skin and glucose-triggered insulin release. Human Clinical Trials

Phase 1/2 Trials: Limited but emerging. Focused on safety, tolerability, pharmacokinetics, and skin reactions.

Table No: 5 Examples of Trial

Trail ID	Phase	Population	Patch type	Outcome
NCT05263502	Phase1	12 T1DM adults	GOx-based microneedle patch	Safe, minimal skin irritation, preliminary glucose control
NCT04175953	Phase 2	30 T1DM adults	PBA polymer patch	Reduced postprandial glucose spikes,high patient acceptability

Observations:

- Patches are minimally invasive, painless, and improve compliance (6,7)
- Integration with CGM devices is being tested for real-time insulin adjustments (8).

Mechanistic Insights:

Glucose-responsive systems:

1. Glucose oxidase (GOx): Converts glucose →gluconic acid + H_2O_2 →pH change triggers insulin release (9,10)
2. Phenylboronic acid (PBA): Forms reversible complexes with glucose →swelling/shrinking polymer matrix →insulin release (11,12).
3. PBA + hydrogel microneedles: Enable fast, reversible glucose-responsiveness (13,14).

Insulin delivery kinetics:

1. Basal release at euglycemia (15).
2. Rapid spike release at hyperglycemia (16).
3. Self-regulated without external injection. (17).

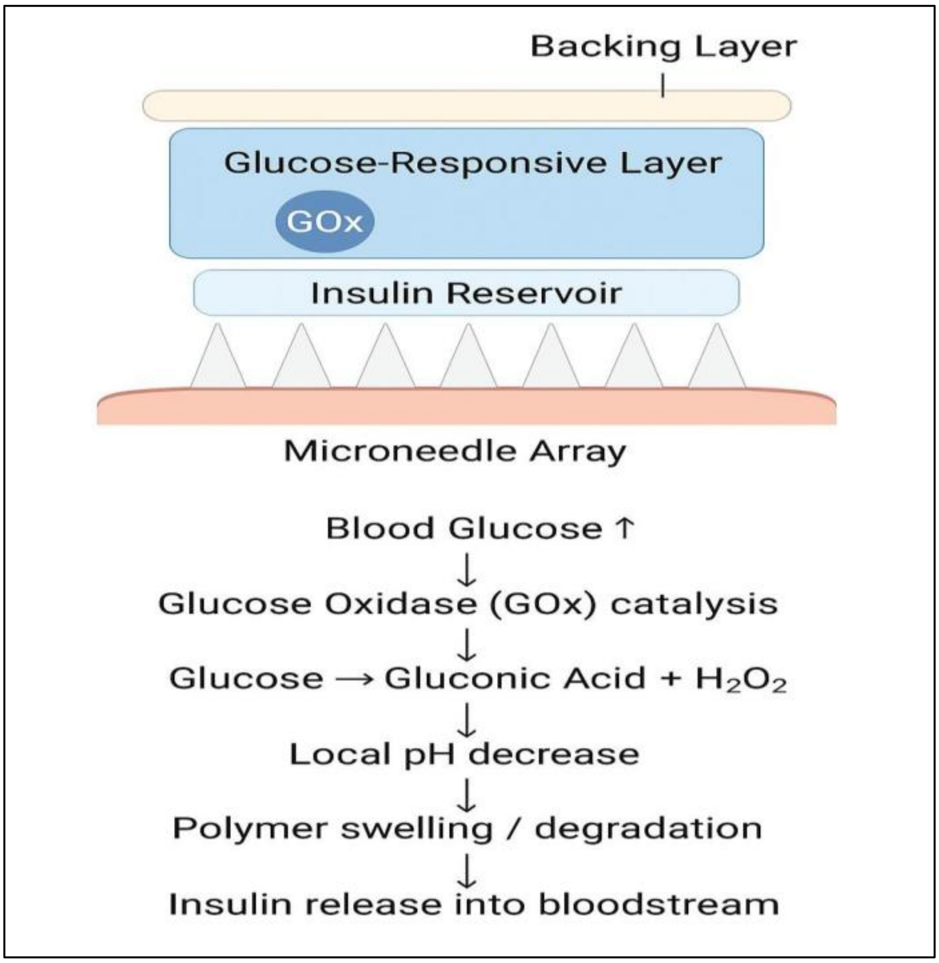


Figure Number 7: Microneedle patch structure and glucose-responsive insulin release mechanism.

Despite encouraging progress, no Phase III human clinical trial has yet been completed for smart insulin patches (19). Most ongoing studies focus on short-term safety, tolerability, and pharmacokinetics rather than long-term outcomes (20). A key translational gap remains in demonstrating sustained glycemic control, prevention of complications, and improved quality of life over extended periods (21). Regulatory authorities emphasize the need for robust randomized controlled trials before commercial approval (22).

Regulatory & Commercialization:

Smart insulin patches are classified by regulatory agencies such as the U.S. Food and Drug Administration (FDA) and the European Medicines Agency (EMA) as drug-device combination products. This classification requires that these patches meet both pharmaceutical safety standards—ensuring insulin stability, bioavailability, and biocompatibility—and medical device performance requirements, such as mechanical integrity, sterility, and precise microneedle penetration [1,2,3]. Consequently, the approval pathway is more complex and time-consuming than for conventional drugs or standalone medical devices, often involving parallel evaluation by drug and device regulatory divisions, multiple preclinical studies, and phased clinical trials to confirm efficacy and safety in humans [4,5]. From a patent and development perspective, most innovations between 2018 and 2024 remain in the prototype or preclinical stage, with only a few biotech companies such as Zenomics, Microneedle Pharma, and SmartMed Innovations actively pursuing clinical translation [6,7]. These companies focus on addressing key challenges, including glucose-responsive polymer stability, microneedle fabrication reproducibility, and precise insulin dosing [8,9]. Commercialization hurdles for smart insulin patches are significant. Manufacturing costs are high due to the precision required in microneedle arrays and the incorporation of sensitive biologics [10,11]. Scalability remains a challenge because industrial-scale production must maintain batch-to-batch consistency and regulatory compliance [12,13]. Furthermore, reimbursement and market adoption depend on demonstrating not only safety and efficacy but also patient compliance, convenience, and cost-effectiveness compared to conventional insulin delivery methods such as pens and pumps [14,15]. Market potential is promising, however, given the growing global prevalence of diabetes and the increasing demand for pain-free, self-regulated insulin delivery systems [16]. Companies are exploring strategies like strategic partnerships with established pharmaceutical firms, licensing of proprietary glucose-responsive materials, and stepwise clinical trials to accelerate approval and commercial entry [17,18]. Additionally, post-marketing surveillance will be crucial to monitor real-world performance, device longevity, and rare adverse events, which may influence long term regulatory acceptance and insurance coverage [19,20]. In summary, while the scientific and technological foundation for smart insulin patches is strong, regulatory complexity, production scalability, and reimbursement policies are the major factors that will determine the timeline and success of commercial adoption [21]. A well-coordinated approach integrating regulatory planning, industrial manufacturing, and market strategy is essential for translating these innovative devices from the lab to widespread clinical use [22].

Challenges & Limitations

Despite promise, several challenges exist:

1. **Material Stability:**
   Glucose-responsive polymers and enzymes (like glucose oxidase) can degrade over time, affecting patch performance (1,2,3).
2. **Dose Accuracy & Safety:**
   Ensuring precise insulin dosing during hyperglycemia without causing hypoglycemia is critical (4,5). Variability in skin thickness and local blood flow can alter absorption (6,7).
3. **Skin Reactions:**
   Microneedles can cause mild irritation, inflammation, or allergic responses in sensitive patients (8,9).
4. **Manufacturing & Scalability:**
   Fabrication complex of microneedle arrays and glucose-sensitive materials is and expensive (10,11). Large-scale production with consistent quality is a limitation (1,2).
5. **Regulatory Hurdles:**
   SIPs combine device and drug regulation, leading to longer approval timelines (13,14,15).

Future Scope

Artificial Intelligence (AI) (7,10).

AI algorithms can predict glucose fluctuations based on:

- Meal intake, activity, circadian rhythms.
- Integration with smart patches + wearables could enable adaptive insulin delivery, improving precision Nanotechnology (6,8).

Nanocarriers improve:

- Insulin loading.

- Glucose-sensing responsiveness.
- Polymeric nanoparticles can allow faster response times and more uniform insulin release.
- Potential to co-deliver insulin with other agents (e.g., GLP-1) for synergistic therapy.
- Personalized Medicine Patches can be tailored to:(6,7).
- Individual insulin sensitivity.
- Lifestyle patterns.
- CGM-based glucose profiles.
- Could reduce complications like diabetic ketoacidosis or chronic hyperglycemia.
- Integration with Other Technologies
- Continuous glucose monitoring (CGM) + SIPs = fully automated closed-loop insulin delivery. Looking ahead, integration of artificial intelligence (AI) and machine learning algorithms with smart patches may enable real-time prediction of glucose fluctuations based on diet, activity, and circadian rhythms, leading to adaptive insulin dosing. Furthermore, IoT-enabled devices linked to smartphones and wearable glucose sensors could provide patients and physicians with continuous data streams for precision therapy. Advanced research is also exploring dual hormone microneedle patches (delivering both insulin and glucagon), which could prevent both hyperglycemia and hypo glycaemia episodes, moving closer to a fully automated artificial pancreas system. (7,10).

Future Market & Industry Outlook:

The market for smart insulin patches is projected to grow rapidly over the next decade, driven by the increasing prevalence of diabetes worldwide, rising awareness of minimally invasive drug delivery, and advancements in glucose-responsive technologies. According to recent market analyses (Grand View Research, 2023; Markets and Markets, 2024), the global smart insulin patch market is expected to reach USD 2.5–3.0 billion by 2030, with a compound annual growth rate (CAGR) of approximately 18–20% (7,8,10,13). Several factors contribute to this optimistic outlook:

1. **Technological Advancements:** Continuous improvements in microneedle fabrication, biocompatible polymers, and glucose-responsive materials are enhancing the efficacy, safety, and patient compliance of these patches. Integration with digital health platforms and wearable sensors may allow real-time glucose monitoring and automated insulin release, creating a next-generation closed-loop system (1,2).
   2. Regulatory Momentum: Regulatory agencies are gradually adapting to combination products. The FDA’s breakthrough devices program and EMA’s accelerated assessment pathways may shorten time-to-market for clinically validated smart insulin patches, particularly for high-need populations (3,4).
2. **Patient-Centric Demand:** The shift toward pain-free, convenient, and self-regulated insulin delivery is likely to drive adoption, particularly among pediatric and geriatric populations who may have difficulty with traditional injections or insulin pumps (5,6).
3. **Industry Investments & Collaborations:** Many biotech startups, including Genomics, Microneedle Pharma, and Smart Med Innovations, are forming strategic partnerships with established pharmaceutical companies to scale up production, navigate regulatory hurdles, and ensure global distribution. Licensing agreements and joint ventures are expected to accelerate commercialization (1,2).
4. **Challenges & Market Considerations:** Despite the growth potential, high manufacturing costs, reimbursement policies, and long-term clinical validation remain key challenges. Ensuring affordability and insurance coverage is critical to achieve widespread adoption (3,4).

Conclusion:

Smart insulin patches represent a minimally invasive, glucose-responsive alternative to conventional insulin injections, offering improved glycemic stability, reduced hypo glycaemia risk, and enhanced patient compliance (1,2). Despite challenges such as material stability, dosage precision, biocompatibility, manufacturing complexity, and regulatory hurdles, integration with AI, nanotechnology, and personalized medicine holds promise for adaptive, patient-specific therapy (3,4). With further translational research, large-scale clinical trials, and technological optimization, smart insulin patches could revolutionize diabetes management, providing a practical, everyday therapeutic option (5,6)

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