

Using the Internet (safely)

Websites and online support groups

Henry Potts

Centre for Health Informatics & Multiprofessional Education (CHIME),
UCL Medical School

`h.potts@chime.ucl.ac.uk`

Websites we use

- ▶ Runsweet.com – Diabetes and Sport
 - ▶ <http://runsweet.com/>
- ▶ American Diabetes Association (*very American!*)
 - ▶ <http://www.diabetes.org>
- ▶ Diabetes UK
 - ▶ <http://www.diabetes.org.uk/>
- ▶ Bournemouth Diabetes & Endocrine Centre
 - ▶ <http://www.diabeticseatout.com/>

- ▶ What about you...?



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neuropathy [Advanced Search](#)
[Preferences](#)
Search: the web pages from the UK

Web Results 1 - 10 of about 2,940,000 for neuropathy [definition]. (0.07 seconds)

Neuropathy Breakthrough Sponsored Links
[www.RealFoodNutrients.com](#) Clinically proven natural solution to **neuropathy** - 90% success rate
Relief for Neuropathy
[www.benfotiamine.net](#) Thousands find relief with Benfotiamine. Read the FAQ's

Sponsored Links
Neuropathy Cure Possible
Diabetes Breakthrough Really Works
99% Type 2 and 64% Type 1 Success
[www.diabeticine.com](#)

Adverts

Peripheral Neuropathy
Treatment Options -
Trustworthy, Current Report.
[www.neuropathy-info.com](#)

Diabetes is Complicated
But getting great care doesn't have
to be. Visit the trusted resource.
[www.joslin.org](#)

Neuropathy Info
Get Relevant Info for **Neuropathy**
From 14 Search Engines in 1
[www.info.com/Neuropathy](#)

Neuropathy Answers
Free info about **Neuropathy**- causes,
symptoms and treatments.
[infobeagle.com](#)

Neuropathy

The Neuropathy Association: Peripheral Neuropathy Support & Research
Information and advice about peripheral **neuropathy** and a bulletin board, membership
services.
[www.neuropathy.org/](#) - 24k - [Cached](#) - [Similar pages](#)

Neuropathy - neurologychannel
Neuropathy is a painful condition related to damaged peripheral nerves.
[www.neurologychannel.com/neuropathy/](#) - 53k - 7 Feb 2006 - [Cached](#) - [Similar pages](#)

Peripheral Neuropathy Information Page: National Institute of ...
Peripheral **Neuropathy** information sheet compiled by the National Institute of
Neurological Disorders and Stroke (NINDS).
[www.ninds.nih.gov/disorders/peripheralneuropathy/peripheralneuropathy.htm](#) - 27k - [Cached](#) - [Similar pages](#)

Diabetic Neuropathy Information Page: National Institute of ...
Diabetic **neuropathy** information sheet compiled by NINDS.
[www.ninds.nih.gov/disorders/diabetic/diabetic.htm](#) - 21k - [Cached](#) - [Similar pages](#)

Simple FactSheet: peripheral neuropathy
What is Peripheral **neuropathy**? HIV drugs that can cause peripheral **neuropathy**,
current treatments, relieving the pain, nutrients and peripheral **neuropathy**, ...
[www.atdn.org/simple/neurop.html](#) - 14k - [Cached](#) - [Similar pages](#)


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diabetic neuropathy

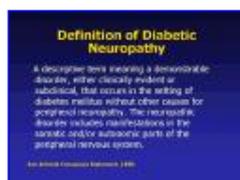
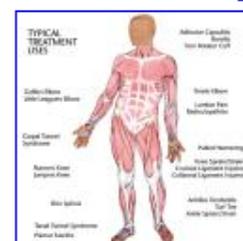
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Web

 Results 1 - 10 of about 1,960,000 for **diabetic neuropathy** [[definition](#)]. (0.10 seconds)

 Image results for [diabetic neuropathy](#)


Sponsored Links

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www.infraredtherapy.com
[Neuropathy Breakthrough](#)

 Clinically proven natural solution to **neuropathy** - 90% success rate
www.RealFoodNutrients.com
[diabetic neuropathy?](#)

 Learn How to Reverse Diabetes With A Clinically Proven Natural Formula
www.diabeticine.com
[Relief for Neuropathy](#)

 Thousands find relief with Benfotiamine. Read the FAQ's
www.benfotiamine.net
[Diabetic Neuropathy](#)

 Info on Treatment and Prevention Products That Help
www.foot.com
[Neuropathy Treatment?](#)
[Diabetic Neuropathies: The Nerve Damage of Diabetes](#)

 Reviews the causes and symptoms of **diabetic neuropathy** and reviews the different types of **neuropathies**: peripheral, autonomic, proximal, ...
diabetes.niddk.nih.gov/dm/pubs/neuropathies/ - 46k - [Cached](#) - [Similar pages](#)
[eMedicine - Diabetic Neuropathy](#) : Article by Emad Soliman, MD, MSc

Diabetic Neuropathy - The simplest definition of what constitutes **diabetic peripheral neuropathy** for day-to-day clinical practice was agreed on at an ...
www.emedicine.com/NEURO/topic88.htm - 101k - 7 Feb 2006 - [Cached](#) - [Similar pages](#)
[Diabetic Neuropathy](#)

 A description of this disorder from Medline National Library of Medicine.
www.ion.ucl.ac.uk/library/patient/diabetic.htm - 5k - [Cached](#) - [Similar pages](#)
[Additional Specific Types of Diabetic Neuropathy - American ...](#)
Neuropathy & diabetes. Learn about **diabetic neuropathy** symptoms, **diabetic neuropathy** causes, types of **neuropathy**, and treatment for **diabetic neuropathy**.
www.diabetes.nrn/tvnc-1.diabetes/nerve-damage.jsp - 46k - [Cached](#) - [Similar pages](#)



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"diabetic neuropathy" Search Advanced Search Preferences
Search: the web pages from the UK

Web Results 1 - 10 of about 707,000 for "diabetic neuropathy" [definition]. (0.45 seconds)

[Painful, Numb Feet?](http://www.anodynetherapy.com) www.anodynetherapy.com Anodyne increases circulation and reduces pain in **neuropathy** patients Sponsored Link

[Diabetic Neuropathies: The Nerve Damage of Diabetes](#)
Reviews the causes and symptoms of **diabetic neuropathy** and reviews the different types of neuropathies: peripheral, autonomic, proximal, ...
diabetes.niddk.nih.gov/dm/pubs/neuropathies/ - 46k - [Cached](#) - [Similar pages](#)

[eMedicine - Diabetic Neuropathy](#) : Article by Emad Soliman, MD, MSc
Diabetic Neuropathy - The simplest definition of what constitutes diabetic peripheral neuropathy for day-to-day clinical practice was agreed on at an ...
www.emedicine.com/NEURO/topic88.htm - 133k - [Cached](#) - [Similar pages](#)

[Diabetic Neuropathy](#)
A description of this disorder from Medline National Library of Medicine.
www.ion.ucl.ac.uk/library/patient/diabetic.htm - 5k - [Cached](#) - [Similar pages](#)

[Diabetic Neuropathy: What You Can Do About It -- familydoctor.org](#)
Information about nerve damage for people who have diabetes from the American Academy of Family Physicians.
familydoctor.org/050.xml - 21k - [Cached](#) - [Similar pages](#)

[Additional Specific Types of Diabetic Neuropathy - American ...](#)
Neuropathy & diabetes. Learn about **diabetic neuropathy** symptoms, **diabetic neuropathy** causes, types of neuropathy, and treatment for **diabetic neuropathy**.
www.diabetes.org/type-1-diabetes/nerve-damage.jsp - 46k - [Cached](#) - [Similar pages](#)

[Foot & Ankle Institute](#)
www.feetnet.com/ - 3k - [Cached](#) - [Similar pages](#)

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Proven Infrared Light Therapy
Healthlight Alleviate Chronic Pains
www.infraredtherapy.com
[Treating neuropathic pain](#)
Neuropathy interfering with life?
Research your treatment options.
tamethepain.com
[Neuropathy Breakthrough](#)
Clinically proven natural solution to **neuropathy** - 90% success rate
www.RealFoodNutrients.com
[Relieve Neuropathy Proven Diabetic Pack](#) - 90 Day Guarantee
5 year track record - Results
www.WeStopDiabetes.com
[Eliminate Neuropathy Pain](#)
Rejuvenator System eliminates pain
Easy to use home treatment system
www.peacefultechologies.com
[diabetic neuropathy?](#)
Learn How to Reverse Diabetes With A Clinically Proven Natural Formula

[Enter site](#)

The charity for people with diabetes

Diabetes UK is the leading charity working for people with diabetes. We fund research, campaign and help people to live with the condition.

Our mission is to improve the lives of people with diabetes and to work towards a future without diabetes.

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"diabetic neuropathy" site:www.diabetes.org.uk

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Search: the web pages from the UK

Web Results 1 - 10 of about 31 from [www.diabetes.org.uk](#) for "diabetic neuropathy". (0.40 seconds)

[Balance- January/February 2002](#)

Diabetic neuropathy (8005, £2.00), Taking care of your feet (8018, £2.00) and Impotence and diabetes (8004, £1.30) are all available from Diabetes UK for ...
[www.diabetes.org.uk/balance/185/185basicare.htm](#) - 30k - [Cached](#) - [Similar pages](#)

[Catalogue- General booklets, Diabetic complications](#)

Diabetic neuropathy £2.00 This leaflet explains all about nerve damage in people with diabetes. Postage and packing costs. **Diabetic neuropathy ...**
[www.diabetes.org.uk/catalogue/comp.htm](#) - 20k - [Cached](#) - [Similar pages](#)

[Balance- March/April 2003](#)

Charcot's foot is a complication of **diabetic neuropathy**, whereby the bones in the foot become weakened and fractured without you feeling it or realising it. ...
[www.diabetes.org.uk/balance/192/192joint.htm](#) - 28k - [Cached](#) - [Similar pages](#)

[Fact Sheet / Info](#)

File Format: Microsoft Word 2000 - [View as HTML](#)
A. Lyrica can be used in adults with **diabetic neuropathy** (nerve damage). Its safety and effectiveness has not yet been established in people under 18 years ...
[www.diabetes.org.uk/infocentre/inform/downloads/Lyrica.doc](#) - [Similar pages](#)

[News – January 2005](#)

Our study confirmed the strong contribution of glycaemic control to the risk of developing **diabetic neuropathy**. We further found that cardiovascular risk ...
[www.diabetes.org.uk/news/jan05/neuropathy.htm](#) - 20k - [Cached](#) - [Similar pages](#)

[Musculoskeletal conditions and diabetes](#)

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[www.infraredtherapy.com](#)

[Neuropathy Breakthrough](#)

Clinically proven natural solution to **neuropathy** - 90% success rate
[www.RealFoodNutrients.com](#)

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Learn How to Reverse Diabetes With A Clinically Proven Natural Formula
[www.diabeticine.com](#)

[Relief for Neuropathy](#)

Thousands find relief with Benfotiamine. Read the FAQ's
[www.benfotiamine.net](#)

[Diabetic Neuropathy](#)

Info on Treatment and Prevention Products for **Diabetic Neuropathy**
[www.myfeet.com](#)

[Neuropathy Treatment?](#)

Different sorts of sites

- ▶ Different sorts of sites offer different content

*Personal stories
in blogs*

**In-depth medical
knowledge**

Basic medical facts

Practical tips

**Talking to other
people with diabetes**

Assessing websites

- ▶ Check the authority of the organisation behind the website
- ▶ Trust sites like NHS Direct or Diabetes UK... but that doesn't mean everything else is unreliable
- ▶ Cross-check information

CREDIBLE checklist

Is a website CREDIBLE?

- ▶ **C**urrent and frequently updated
- ▶ **R**eferences cited
- ▶ **E**xplicit purpose and intentions of the site
- ▶ **D**isclosure of sponsors
- ▶ **I**nterests declared and no conflicts (such as commercial interests)
- ▶ **B**alanced content, lists advantages & disadvantages
- ▶ **L**ocal content and relevance
- ▶ **E**vidence-level indicated

“Red flags”

- ▶ Does the treatment promise to cure diabetes?
- ▶ Does the treatment promise to cure numerous conditions, a cure-all or panacea?
- ▶ Is the treatment described as having no side effects?
- ▶ Is online purchasing permitted?

America

& the rest of the World

- ▶ The Internet spans many countries
- ▶ Much of it comes from America
- ▶ Differences in America
 - Different blood sugar units
 - Different drug names (*e.g.* paracetamol is called acetaminophen in the US, but most people know it as the brand name Tylenol)
 - Health care organised differently: how you are referred, choice in the system, what GPs do versus what hospitals do, how it's paid for...

Blood sugar units

- ▶ US uses different units for blood sugar
- ▶ Online converter:
<http://www.csgnetwork.com/bloodsugarconv.html>
- ▶ 1 mmol/l glucose (international units) = 18 mg/dl glucose (US units)
- ▶ So, 7 mmol/l glucose equals 126 mg/dl glucose
- ▶ Also different units for cholesterol *etc.*, but you need to use a different conversion factor

Online support groups

- ▶ Online support groups allow people to talk together
- ▶ Different technologies: e-mail lists, message boards on the Web, chat rooms, newsgroups (Usenet)
- ▶ Many types of groups
 - General support groups, or just Type I or Type II
 - Weight loss
 - Recipe sharing
 - Particular groups by place, age, religion or other categories
 - Complementary and alternative medicine
 - Fundraising
- ▶ Blogs offer another way to interact

What do online groups offer?

- ▶ We asked people who use them...
 - Talking to other people in the same situation
 - Can be easier to talk about difficult subjects online
 - Flexible
 - Help you become informed



Threads in Forum : Diabetes Forum Tools Search this Forum

Thread / Thread Starter	Rating	Last Post	Replies	Views
Sticky: 62 Years Of Type 1 Diabetes....chapters 1-13 Richard157	★★★★★	11-23-2009 22:04 by Richard157	9	1,017
Sticky: Pictures Of My Joslin Medal and Certificate Richard157	★★★★★	10-12-2009 02:55 by Elsinore	4	327
Sticky: ~*~Photo Gallery~*~ (1 2 3 4 5 ... Last Page) Richard157	★★★★★	09-15-2009 12:44 by JulieAdam	72	4,773
Sticky: 62 Years Of Type 1 Diabetes....chapters 14-20 Richard157	★★★★★	04-07-2009 09:22 by sam9953012690	2	1,108
lab tests: HbA1C and fructosamine iris peleg	★★★★★	11-26-2009 16:24 by iris_peleg	2	66
Thanksgiving eating not yet	★★★★★	11-24-2009 21:09 by iris_peleg	3	374
Metformin and Alcohol Finnegan	★★★★★	11-24-2009 19:56 by iris_peleg	4	339
Interactions with Insulin anr	★★★★★	11-24-2009 19:43 by iris_peleg	2	168
stress impact on scores Elsinore	★★★★★	11-18-2009 23:06 by Richard157	3	146
lantus and reduced urine flow in a.m.? Elsinore	★★★★★	11-18-2009 02:11 by Elsinore	0	84
Poll: What Type Of Diabetes Do You Have? Terrie	★★★★★	11-18-2009 02:09 by Elsinore	4	787
Design for type 1 independence joe1000	★★★★★	11-17-2009 21:25 by Richard157	1	159
GP or Endocrinologist? Finnegan	★★★★★	11-12-2009 00:48 by GTRPharmD	3	247

- Quick Links :**
- [Diabetes Forum](#)
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 - [Diabetes Store](#)
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 - [Diabetes Talk](#)
 - [Symptoms](#)
 - [Treatment](#)
 - [Complications](#)
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Tesco Diets 2 Weeks Free
Join TescoDiets & get 2 weeks free! Choose from 16 healthy diet plans.
[TescoDiets.com/Diets](#)

Laser Eye Surgery
Take our unique 30 second test online and see if you are suitable
[www.opticalexpress.com](#)

All About W8 Diet Plans
5 Tailored Meal Plans to meet your goals. Delivered

05-08-2009, 06:18 #5 (permlink)

alprunty
Active Member

active member 



Join Date: May 2009
Location: USA
Posts: 19


Quote:

Originally Posted by **Elsinore** 

Ok, still pretty new to this Type 2 situation (dx dec 08)...

but the last two nights I've had business dinners, my score (Canadian mmol) was 10.0 (high for me) going to dinner on both nights and last night, after a scotch and dinner my score dropped to 6.5, and tonight, 1.5 hours after dinner it was 8.5.

Weird eh?

Not really... Alcohol metabolizes in the body kinda wonky.... read this page for good info.

[www\(dot\)diabetes\(dot\)org/type-1-diabetes/alcohol.jsp](http://www(dot)diabetes(dot)org/type-1-diabetes/alcohol.jsp)

You will have to replace the (dot)s this forum won't allow links... which really makes it hard to share professional information.

I know it's for type 1 but it works in type 2 bodies the same.

Allen Prunty, Louisville, KY
----[140]-----
Live Between The Lines
-----[80]-----



reply
REPLY QUOTING POST 

05-08-2009, 06:59 #6 (permlink)

Terrie
Senior Member

senior member  



Hi Allen:

Alcohol and Diabetes has been mentioned on this Forum a couple times. Here's one conversation and info. It is from Diabetes.org.

We also have their site listed here among other Associations.

[*If Your Diabetes Diet Includes Alcohol*](#)

How to start on a group

- ▶ Make your introductions
- ▶ Lurk & read
 - With most groups, it is possible to “lurk”, to read all the messages without contributing
 - This gives you an opportunity to get a feel for the group

Win cool prizes!



Now through **Dec. 11**
"The Diabetes Mine
'Tis the season survival
sweepstakes"

[Click here to find out more](#)

RECENT POSTS

WEEKLY NUGGETS

- "FIGHT IT FRIDAY" FROM DIABETIC ROCKSTAR**
Help a diabetic in need on Black Friday this year.
- SUPERNANNY TAKES ON TYPE 1 DIABETES**
Friday Nov. 27: ABC's hit show will feature a family whose son was recently diagnosed.
- BAYER'S NEW USB GLUCOSE METER NOW AVAILABLE IN US**
'Plug & play' Contour meter doubles as a USB stick.
- NEW REPORT ON DIABETES AND HEALTH INSURANCE**
From the US Dept. of Health and Human Service's Office of Health Reform. The ADA is "very pleased."

RECENT COMMENTS

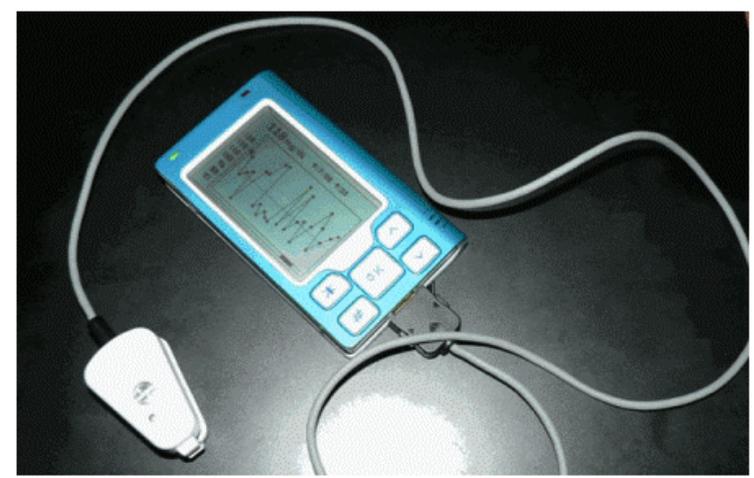
ADVERTISEMENT

Glucose Measurement In Your Ear. For Real.

A gentleman cornered me at the [Diabetes Technology Society meeting](#) earlier this month, and said he wanted to talk non-invasive glucose monitoring. How could I resist?

He said his name was Avner Gal, from Israel. He pulled out a chunky little MP3-looking device, and plugged in a cord with a small clamp on the end. Then he hooked the clamp to his earlobe, and pressed a button. We both watched the progress bar move slowly across the screen, and then *beeeeeeep* - 104, in very large digits!

Avner does not have diabetes. But he is CEO of a company called [Integrity Applications](#), that's apparently on the fast track to market "the first truly non-invasive glucose monitoring devices for home use," called the [GlucoTrack](#).



According to the [website](#), GlucoTrack "uses ultrasonic, conductivity and heat capacity technologies to non-invasively measure glucose levels in the blood... The device includes a USB port for downloading data for off-line



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