

Using the Internet (safely)

Websites and online support groups

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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...?

neuropathy - Google Search - Mozilla Firefox

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http://www.google.co.uk/search?hl=en&q=neuropathy&btnG=Google+Search&meta=

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Web

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

[Neuropathy Breakthrough](#)

[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

[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](#)

Sponsored Links

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

[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](#)

Adverts

Done

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

[illegible]

A descriptive term meaning a demonstrable disorder, either clinically evident or subclinical, that occurs in the setting of diabetes mellitus without other causes for peripheral neuropathy. The neuropathic disorder includes manifestations in the somatic and/or autonomic parts of the peripheral nervous system.



Done

Neuropathv Treatment?

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"diabetic neuropathy"

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

[Painful, Numb Feet?](#)

www.anodynetherapy.com Anodyne increases circulation and reduces pain in **neuropathy** patients

Sponsored Link

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[Diabetic Neuropathy Help](#)

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

[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](#)



Internet

[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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Preferences

Web

Balance- January/February 2002

Catalogue- General booklets, Diabetic complications

Balance- March/April 2003

[rpo01 Fact Sheet / Info](#)

News – January 2005

[poc] Musculoskeletal conditions and diabetes

Sponsored Links

Diabetic Neuropathy Help

Proven Infrared Light Therapy
Healthlight Alleviate Chronic Pains
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.diabetictcine.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?



Alexandra Chappell
Type 1 diabetes
Canada

Information about diabetes

Living with diabetes

Understanding diabetes
and keeping well

All about food

A guide to eating
healthy with diabetes

For parents

Tools and advice for
parents of children
with diabetes

For children

Information specially
geared toward
children with
diabetes

Interactive tool

Hands on insulin

A interactive guide to
insulin, diabetes and
how therapy works



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See, feel, hear the difference



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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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 (permalink)

alprunty

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]-----



05-08-2009, 06:59

#6 (permalink)

Terrie

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

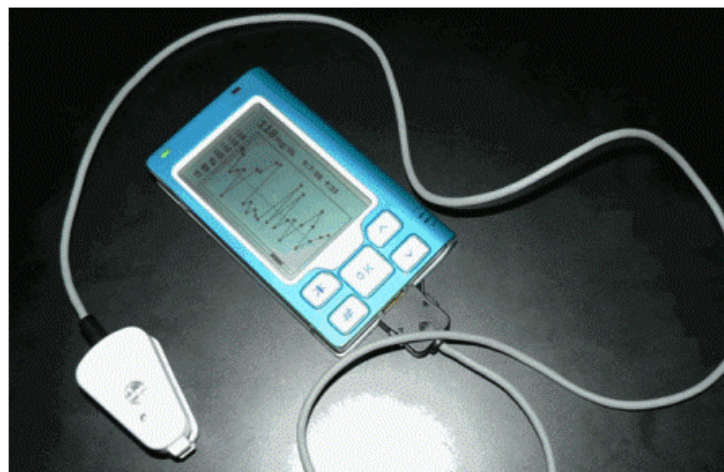
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Glucose Measurement In Your Ear. For Real.

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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