Online diabetes information

Instead of plunging into Google the way I usually do, I decided to start by trying some well-known web sites this month.

Medscape (www.medscape.com)
Once you are in Medscape, there is a link titled ‘Browse our 25 speciality areas’. A click on this brings up a list which includes diabetes and endocrinology. An example of the type of material to be found there is the American Diabetes Association 63rd Scientific Sessions (Fig. 1) which offers ‘expert-authored CME coverage in 4 tracks: Complications, Insulin Delivery/Glucose Monitoring, Clinical Questions, and Metabolism’. You can test your knowledge about the various topics as well. You will have to register with Medscape in order to read the articles and do the test, but it is free and painless.

Other diabetes-related links on this part of Medscape include Topics in Obesity: A Canadian Perspective on the 63rd Scientific Sessions of the American Diabetes Association which gives an overview of some of the talks, and Ask the Experts: Management of Steroid-Induced Diabetes in Patients With COPD.

Fig. 1. Details from the American Diabetes Association Congress web page.
American Diabetes Association (www.diabetes.org)
This site is mainly for patients, but there is a link titled ‘For Health Care Professionals’, which allows you to search among the abstracts from the 63rd Congress. Searching on the word ‘kidney’ retrieved 60 abstracts, which one can view.

National Institute of Diabetes and Digestive and Kidney Diseases (www.niddk.nih.gov)
This institute is part of the National Institutes of Health, and the web site contains information on the research programmes being conducted at those institutes (Fig. 2). Under ‘Clinical research/ Clinical trials’ one can either search for particular research areas, or browse by condition or sponsor.

Searching with the term ‘diabetes’ retrieved 150 trials of which the following are examples:
- Look AHEAD: Action for Health in Diabetes
- Evaluation of a Diabetes Vaccine in Newly Diagnosed Diabetics
- Interferon-Alpha for Diabetes Mellitus Type 1
- Treatment of Peripheral Neuropathy in Patients with Diabetes
- Genetic Studies of Insulin and Diabetes.

Clicking on any one of these accesses a description and details of the trial with contact details.

Yahoo on diabetes (www.yahoo.com/health)
Searching on the word ‘diabetes’ in Yahoo Health, retrieved over 5 million pages, but among the top 20 were:

Children with Diabetes (www.childrenwithdiabetes.com)
Again, a very useful site for patients, but filled with a lot of information (Fig. 3). Examples of the content are Helping the Student with Diabetes Succeed: A Guide for School Personnel from the web site of the National Diabetes Education Program (an 88-page PDF file); Ask the Diabetes Team has answers to over 12 650 questions; and Diabetic Foot Assessment.

Diabetes Online (http:ldiabetes.diabetesjournals.org/) (note: no ‘www’)
The web site of the Journal of the American Diabetes Association provides the latest research in the field, together with archived material from September 1965. Abstracts are provided free, as are full texts of older articles (up to about 1 year back), but one has to pay for the full text of recent articles.

Diabetes UK (www.diabetes.org.uk) (formerly the British Diabetic Association)
This 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.’ The top bar of the home page (Fig. 4) has all the links required for use either by patients or health professionals.

CDC Diabetes (www.cdc.gov/diabetes/)
This is the site of the Centers for Disease Control of the US Government (Fig. 5). The site provides a large amount of background information about the epi-
demiology of diabetes and the distribution of carers, as well as a comprehensive fact sheet and answers to frequently asked questions. Among the answers is a list of online sources of information on diabetes:

- Educating People with Diabetes Kit — www.nei.nih.gov/nehep/diabkit.htm
- American Association of Diabetes Educators — www.aadenet.org
- American Dietetic Association — www.eatright.org/
- Juvenile Diabetes Foundation International — www.jdf.org

**Fun Site of the Month**

**Getting your own back**

Almost everyone I know has received an e-mail purporting to be from a Nigerian or Ivorian businessman, which claims to have millions of dollars which need to be transferred out of the country. If you, the recipient of the e-mail, will give them your banking details and pay them ‘fees’, they will give you 25% or 30% or even up to 50% of the millions of dollars that they want to transfer. Naturally, once you’ve given them your banking details, you stand to have your bank accounts emptied, and of course any ‘fees’ you have paid them will also disappear into the ether, never to be seen again. Now an anonymous website developer has opened a site called ‘What’s the bloody point?’ (www.whatsthebloodypoint.com), which carries hilarious responses to the scammers and their replies. He uses names right out of Monty Python, and the correspondence shows exactly how stupid the perpetrators are (Fig. 7). But it amazes me that there are even more stupid people who fall for this extravagantly outrageous con trick.

Fred N Sanders