

Web 2.0 per “guadagnare salute”

Eugenio Santoro

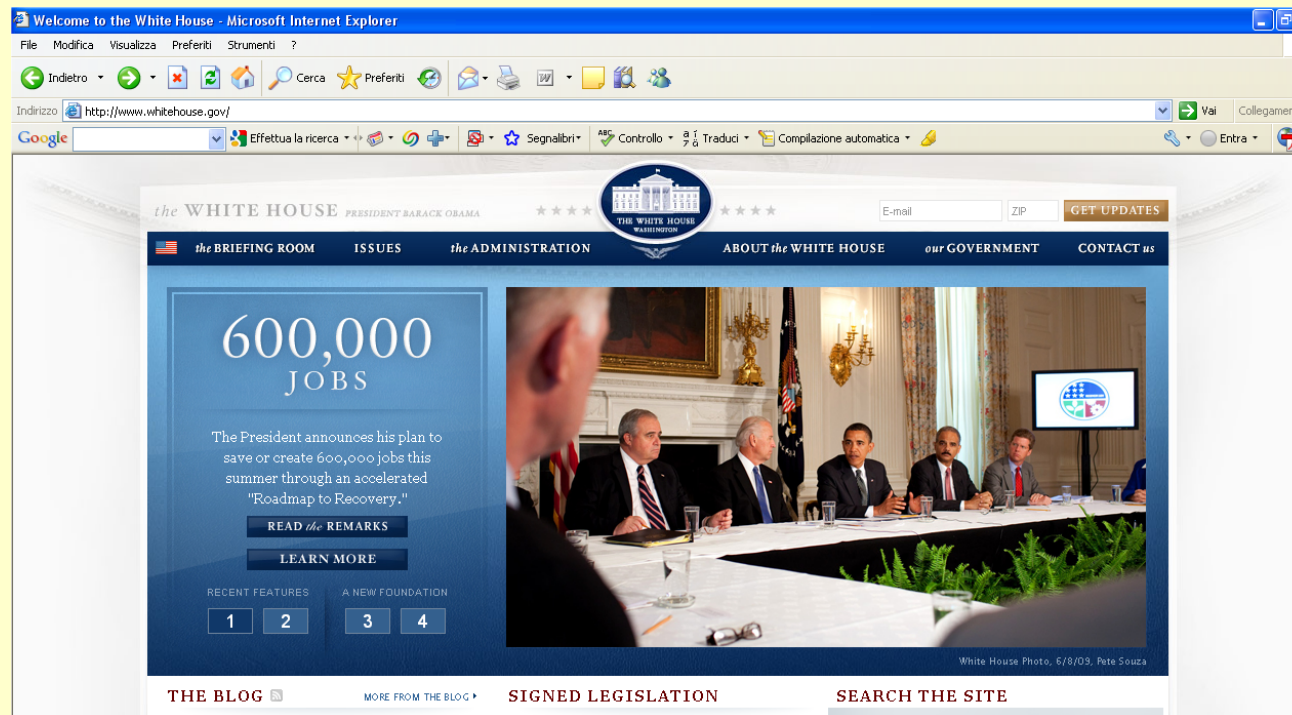
Laboratorio di Informatica Medica

Dipartimento di Epidemiologia

Istituto di Ricerche Farmacologiche “Mario Negri”

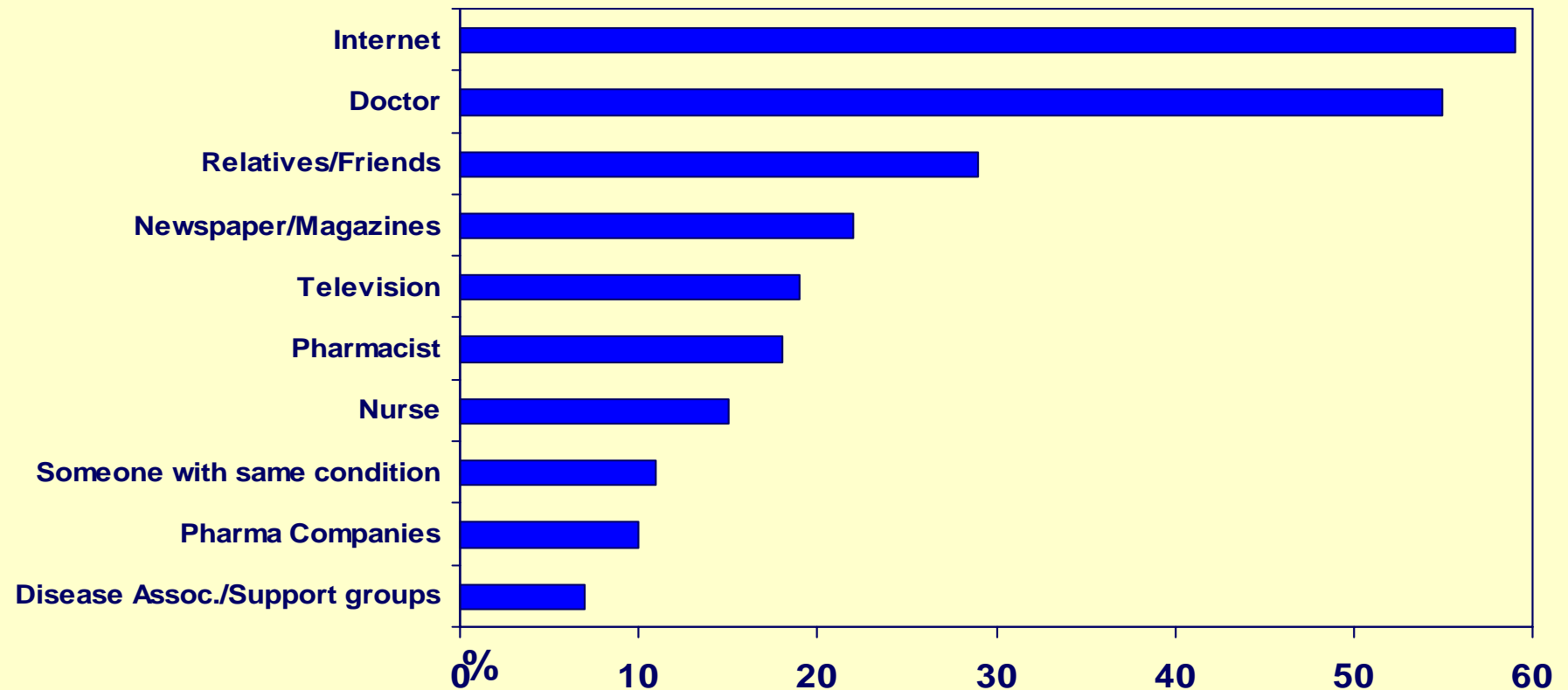
Il web 2.0

- La definizione forse più corretta è quella che la avvicina al mondo dell' **“open access”**, inteso come luogo (virtuale) al quale chiunque può **liberamente** accedere attraverso l'impiego di **software gratuito** al fine di **condividere** informazioni e **collaborare** per creare **nuova conoscenza**, e nel quale gli utenti siano al tempo stesso **produttori** e **fruitori** dell'informazione.



E. Santoro, Bologna, 15 ottobre 2009

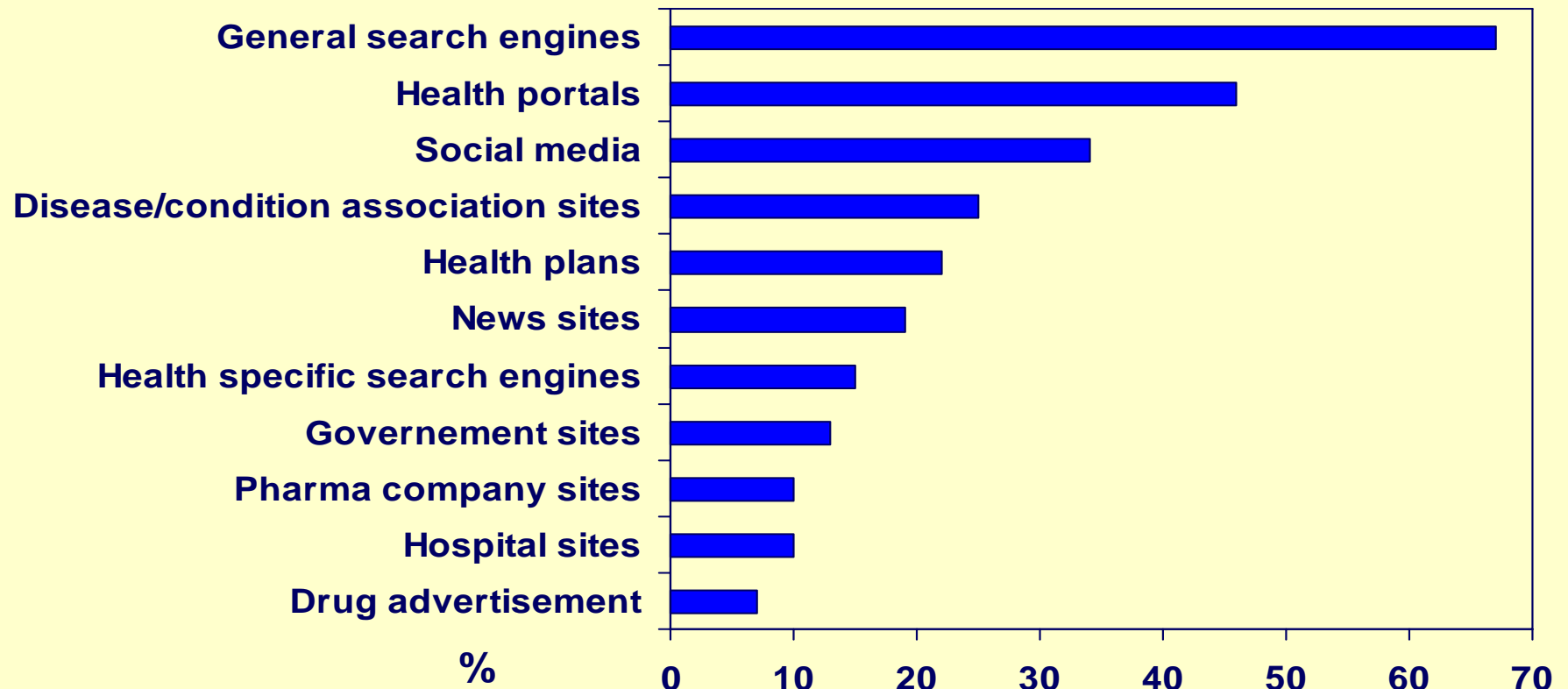
Sources used to find or access health information



Fonte: iCrossing. How America searches: health and wellness. Gennaio 2008

E. Santoro, Bologna, 15 ottobre 2009

Online tools and resources used to locate health information



Fonte: iCrossing. How America searches: health and wellness. Gennaio 2008

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Web 2.0 e comunicazione della salute

E. Santoro, Bologna, 15 ottobre 2009

CDC Home



Centers for Disease Control and Prevention

Your Online Source for Credible Health Information

SEARCH

A-Z Index A B C D E F G H I J K L M N O P Q R S T U V W X Y Z #

Social Media Tools for Consumers and Partners

2009 H1N1 Flu (Swine Flu)

The Centers for Disease Control and Prevention (CDC) and the U.S. Department of Health and Human Services (HHS) are working together to provide consumers and partners with social media tools that access information about the ongoing 2009 H1N1 Flu outbreak. Visit the [CDC.gov 2009 H1N1 Flu](http://www.cdc.gov/2009H1N1Flu) and [PandemicFlu.gov](http://www.pandemicflu.gov) Web sites for information on 2009 H1N1 Flu.

2009 H1N1 Flu Social Media Tools

To encourage information sharing, collaboration, and interactivity, CDC provides social media tools. Widgets, mobile information, online videos and the like reinforce and personalize messages, reach new audiences, and build a communication infrastructure based on open information exchange.

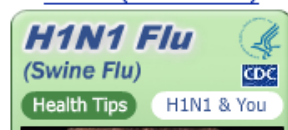
Sign up for email updates to receive announcements of new products we add to this page.

Widgets

A widget is a CDC.gov application that displays the featured content directly on your web page. You can embed content in personalized home pages, blogs, and other sites. Once you've added the widget, there's no technical maintenance. CDC.gov will update the content automatically.

Adding a CDC.gov widget to your page means that you will have up-to-date, credible health and safety content in your favorite spaces – no more searching or browsing. Stay informed about the health content that is most meaningful to you—all of our widgets are available at <http://www.cdc.gov/widgets/>.

H1N1 (Swine Flu)



CDC 2009 H1N1 Flu Widget

Help spread the word about H1N1 Flu and how to prevent it. Add a widget to your Web site, portal home page or on your blog. Let your Web site visitors know how to stop the spread of H1N1 Flu and where to get more information about H1N1 Flu. You can find, download and share this widget at <http://www.cdc.gov/widgets/>.

On this page

- Widgets
- Mobile Information
- Buttons
- Online Videos
- Podcasts
- eCards
- RSS Feeds
- Twitter/Microblogs Updates
- Image Sharing
- Social Networking
- More Information
- Phone/Email
- Social Media Tools for Other Topics

Text size: S M L XL

Email page

Print page

Bookmark and share

Add this to...

★ Favorites

Del.icio.us

Digg

Facebook

Google Bookmarks

Yahoo MyWeb

What's this? Submit

Contact Us:

Centers for Disease Control and Prevention
1600 Clifton Rd
Atlanta, GA 30333

800-CDC-INFO
(800-232-6228)
TTY: (888) 232-6228
English/Spanish
24 Hours/Every Day

cdcinfo@cdc.gov



Login Join Twitter!

Hey there! CDCemergency is using Twitter.

Twitter is a free service that lets you keep in touch with people through the exchange of quick, frequent answers to one simple question: What are you doing? **Join today** to start receiving CDCemergency's updates.

Join today!

Already using Twitter from your phone? [Click here.](#)



CDCemergency

RT @CDC_eHealth Access important CDC info including H1N1 flu via the mobile CDC Website at <http://m.cdc.gov>

3:09 PM May 16th from web

Transcript & Audio of yesterday's (May 15) CDC Press Conference on H1N1 flu: <http://bit.ly/XYIAF> #swineflu

12:49 PM May 16th from web

Update 5/15/09: 4714 total cases of novel H1N1 flu, 4 deaths, 47 states affected: <http://bit.ly/XDWOZ> #swineflu

Name CDC Emergency

Location Atlanta, GA

Web <http://emergency...>

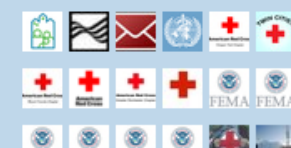
Bio CDC Emergency Preparedness and Response: increasing the nation's ability to prepare for and respond to public health emergencies.

74 following_profile 165,090 followers_profile

Updates 208

Favorites

Following



CDC | Facebook - Microsoft Internet Explorer

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Sign Up

CDC is on Facebook

Sign up for Facebook to connect with CDC.



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CDC provides social media tools (widgets, mobile info, online videos, etc) to reinforce & personalize messages, reach new audiences & build communication infrastructure based on open information exchange. For official CDC info go to www.cdc.gov

Information

Location:
www.cdc.gov/socialmedia
Disclaimer: Posted comments and images do not necessarily represent the views of CDC.
Phone:
1-800-CDC-INFO ( 1-8... )
TTY:  (888) 232-6348  ,
English and Spanish 24 Hours/Every

CDC

WallInfoPhotosBoxesVideoNotes

CDC

Just Fans



CDC

Halting Obesity

What CDC Is Doing to Prevent Obesity ~ CDC is addressing obesity to create places where Americans can make healthy choices about nutrition and physical activity and where such choices are available, affordable, and accessible.

2:06pm



CDC

CDC Today (May 19) is World Hepatitis Day. An estimated 4.5 million Americans are living with chronic hepatitis B or hepatitis C virus infection, which represent the major cause of chronic liver disease and liver cancer. In 2006, chronic viral hepatitis contributed to about 15,000 U.S. deaths. Get more information at <http://www.cdc.gov/hepatitis>.



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Index | CDC Viral Hepatitis

Source: www.cdc.gov
Home Page of Viral Hepatitis

Yesterday at 12:59pm



CDC

CDC Update 5/19/09: 5,469 total cases of novel H1N1 flu, 6 deaths, 48 states affected.

Operazione completata

Internet

Segui l'espansione dell'Influenza Suina con Google Maps - Totumweb - Microsoft Internet Explorer


File Modifica Visualizza Preferiti Strumenti ?

Indirizzo <http://totumweb.com/2009/04/segui-lespansione-dellinfluenza-suina-con-google-maps/>

Google influenza a maps Effettua la ricerca Cerca Preferiti Segnalibri Trova Controllo Traduci Compilazione automatica Entra

modo che tutta la diffusione dell'influenza possa essere seguita sul famoso Google Maps. In questo modo gli utenti possono osservare e documentarsi su tutti i casi di infezione. Potete spostarvi in tutto il globo, zoommare, cliccare sui vari asterischi e riceverete immediatamente informazioni riguardo al caso trovato.

In basso ho inserito la mappa di Google costantemente aggiornata che potrete immediatamente osservare. Gli asterischi di porpora indicano i casi d'influenza, viola casi possibili, gialli casi non d'influenza suina.



Map Sat Ter
United States
Gulf of Mexico
©2009 Google -
Map data ©2009 Tele Atlas, LeadDog Consulting, Europa Technologies - Terms of Use

View [H1N1 Swine Flu](#) in a larger map

Speak English?
Metti alla Prova il Tuo Inglese con Il Nostro Test Online Gratuito!

Stati Uniti
Viaggi da favola 2009 Scoprite il Mediterraneo con Royal Caribbean

Annunci Google

Ti è piaciuto l'articolo? Allora cosa aspetti iscriviti al nostro FEED!! I FEED ti permetteranno di essere aggiornato sui nuovi post direttamente dal tuo computer!

Backup automatico del Computer
Monitorizza i click dei link su Twitter
Condividi lo screen e lavora online con i tuoi colleghi contemporaneamente
Genera un'immagine della tua email ed evita lo SPAM

CREDITS

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Internet

Web 2.0 e monitoraggio della salute

E. Santoro, Bologna, 15 ottobre 2009

Prevention – Users collaboration

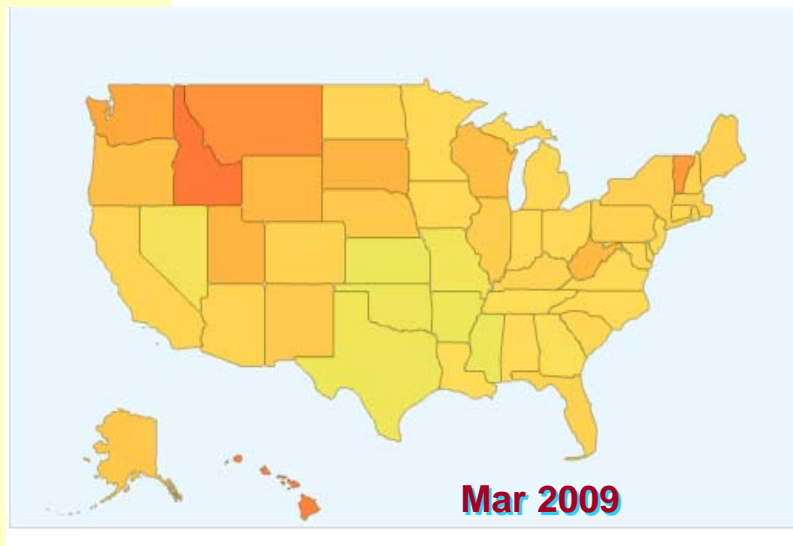
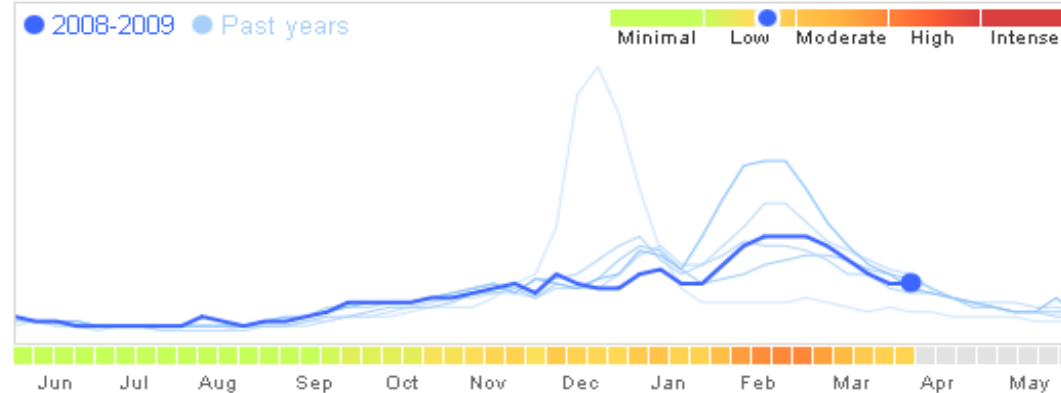
Explore flu trends across the U.S.

We've found that certain search terms are good indicators of flu activity. Google Flu Trends uses aggregated Google search data to estimate flu activity in your state up to two weeks faster than traditional systems. [Read more »](#)

United States flu activity: ■ Low

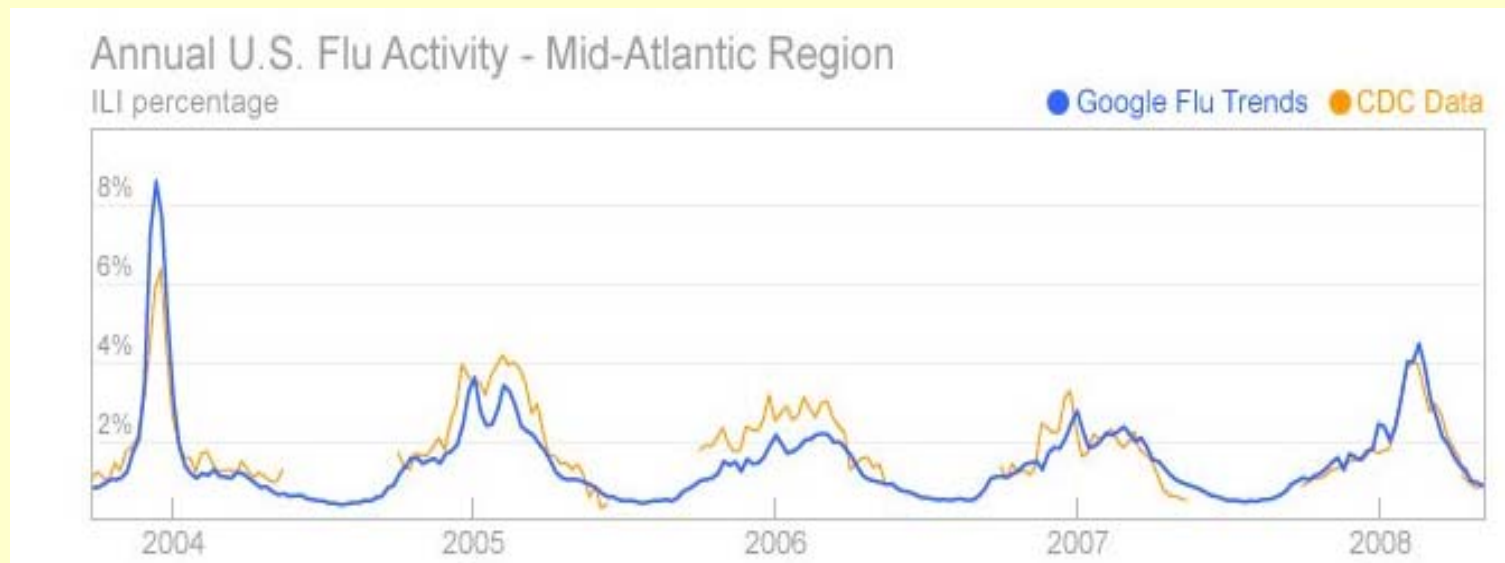
Entire United States ▼

● 2008-2009 ● Past years



Nov 2008
E. Santoro, Bologna, 15 ottobre 2009

Confronto dati Google Flu Trends – CDC periodo 2004-2008





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PERSPECTIVE

Volume 360:2153-2157

May 21, 2009

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Digital Disease Detection — Harnessing the Web for Public Health Surveillance

John S. Brownstein, Ph.D., Clark C. Freifeld, B.S., and Lawrence C. Madoff, M.D.

The Internet has become a critical medium for clinicians, public health practitioners, and laypeople seeking health information. Data about diseases and outbreaks are disseminated not only through online announcements by government agencies but also through informal channels, ranging from press reports to blogs to chat rooms to analyses of Web searches (see Digital Resources for Disease Detection). Collectively, these sources provide a view of global health that is fundamentally different from that yielded by the disease reporting of the traditional public health infrastructure.¹

Over the past 15 years, Internet technology has become integral to public health surveillance. Systems credited with reducing the time to recognition of an outbreak, preventing governments from suppressing health responses to outbreaks and emerging diseases. Because Web-based sources frequently cover communication channels, they are useful to public health agencies, including the Global Outbreak Alert and Response Network (GOARN), which relies on such sources for daily surveillance activities.

Early efforts in this area were made by the International Society for Infectious Diseases' Program for Outbreak Detection, which was founded in 1994 and has grown into a large, publicly available reporting system, with members disseminating information on outbreaks by e-mailing and posting case reports, including many gleaned from the media. In Canada, in collaboration with the WHO, created the Global Public Health Intelligence Network (GPHIN).

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Influenza A (H1N1) Virus, 2009 — Online Monitoring

John S. Brownstein, Ph.D., Clark C. Freifeld, B.S., and Lawrence C. Madoff, M.D.

The value of Web-based information for early disease detection, public health monitoring, and risk communication has never been as evident as it is today, given the emergence of the current influenza A (H1N1) virus. Many ongoing efforts have underscored the important roles that Internet and social-media tools are playing in the detection of and response to this outbreak.

In March and early April, while much of the world was focusing on the threat of avian influenza originating in Asia, intelligence-gathering systems were also extracting evidence of an epidemic of acute respiratory infections in Mexico. Early informal reports from the Mexican press indicated that a

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Web 2.0 e prevenzione della salute

E. Santoro, Bologna, 15 ottobre 2009

come misurare il battito del cuore: istruzioni per l'uso



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Rate: ★★★★★ 14 ratings

Views: 5,086



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VACANZE E SESSO: ISTRUZIONI PER L'USO



★★★★★ 152 voti

Visualizzazioni: 132778

E. Santoro, Bologna, 15 ottobre 2009



The needs of the patient come first.
Mayo Clinic's **Primary Value**

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Mayo Clinic Channel

Iscriviti



mayoclinic

Iscritto il: 15 giugno 2006
Ultimo accesso: 1 giorno fa
Iscritti: 800
Visualizzazioni canale: 56643

NONPROFIT

The Mayo Clinic Channel is a place to see what makes Mayo Clinic special, and to watch videos about Mayo's latest research and treatment advances. For information on how you can support Mayo Clinic's research, check here <http://www.mayoclinic.org/c...>

Mayo Clinic is the first and largest integrated, not-for-profit group practice in the world. Doctors from every medical specialty work together to care for patients, joined by common systems and a philosophy of "the needs of the patient come first." More than 3,300 physicians, scientists and researchers and 46,000 allied health staff work at Mayo Clinic, which has sites in Rochester, Minn., Jacksonville, Fla., and Scottsdale/Phoenix, Ariz. Collectively, the three locations treat more than half a million people each year.

Città: **Rochester, MN; Jacksonville, FL; Phoenix/Scottsdale AZ**
Città natale: **Rochester, MN**
Paese: **Stati Uniti**
Professione: **Health Care, Medicine**
Sito web: <http://www.mayoclinic.org/>

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Linda Rockey's Mayo Clinic Story

Da: mayoclinic
Visualizzazioni: 1281

Playlist



Mayo Clinic Medical Edge 121 Video

Mayo Clinic Medical Edge is a weekly medical news insert for television newscasts. Our professionally produced segments feature people-focused stories covering medical advances and compelling general health information.

Under the oversight of Mayo Clinic physicians, all stories undergo rigorous evaluation for medical validity and newsworthiness.

Riproduci tutti
Condividi

Riproduci tutti
Condividi

Wikipedia as source of information for disease prevention?

Scope, Completeness, and Accuracy of Drug Information in Wikipedia

Kevin A Clauson, Hyla H Polen, Maged N Kamel Boulos, and Joan H Dzenowagis

Ann Pharmacother 2008; 42: 1814-21

“Wikipedia was able to answer significantly fewer drug information questions (40%) compared with Medscape Drug Reference (82.5%)”

“Wikipedia may be a useful point of engagement for consumers, but is not authoritative and should only be a supplemental source of drug information”

E. Santoro, Bologna, 15 ottobre 2009

Web 2.0 e condivisione di aspetti legati a salute e stili di vita

E. Santoro, Bologna, 15 ottobre 2009

Blogs for patients



Online Health Communities

- Applicazione dei *social network* al mondo medico/sanitario
- Rivolte al pubblico e i pazienti
 - Collaborazione
 - Informazione
 - Scelta consapevole

Social network – Patients and consumers - 1



Diabetes: 367

Italian groups on FB: Diet: 500+

Cancer: 500+

Tumor: 318

Breast cancer - Macmillan's Online Community - Microsoft Internet Explorer

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Indirizzohttp://community.macmillan.org.uk/forums/p/5108/94563.aspx#94563

Googlecancer bacup

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General cancer discussions

New to the site

Chat

Practical issues

Emotional issues

Cancer treatments

Friends and family

Living beyond cancer

Coping with loss

Chemotherapy

Radiotherapy

Surgery

Cancer Types

These are now within cancer type groups.

Anal Cancer

Bile Duct Cancer

Bladder Cancer

Breast cancer

Breast cancer

This post has 1,773 Replies | 10 Followers

Posts 26

Reply

Heatherann

Posted: 7 Mar 2009 8:45 AM

Hello my name is Heather I have just been diagnosed with breast cancer last week for the first time (and last I hope) Both my sisters have had cancer,one died seven month ago Im a bit scared of what to expect with the chemo. Can anyone tell me how soon after the treatment do you start to feel ill? How soon do you lose your hair?

Posts 199

Reply

chelle1

replied on 7 Mar 2009 9:37 AM

Dear Heatherann,

Im so very sorry to hear that your going through this awful situation. Especially as you have had so much sadness before your diagnosis.

Like you i have breast cancer and was diagnosed in December. I have just began chemo this week and so far apart from feeling queezy at times and very tired it hasn't been too bad (early days i know)!! So far i haven't lost any hair, although i've been told it usually happens after a couple of weeks.

The way im trying to tackle it is by having fun with wigs, headscarfs and hats. I also realise that i cannot have any

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COMMUNITY

Forums Help

Using our forums can be confusing. Ask questions and get answers in the [Help & Guides group](#)

Community guidelines

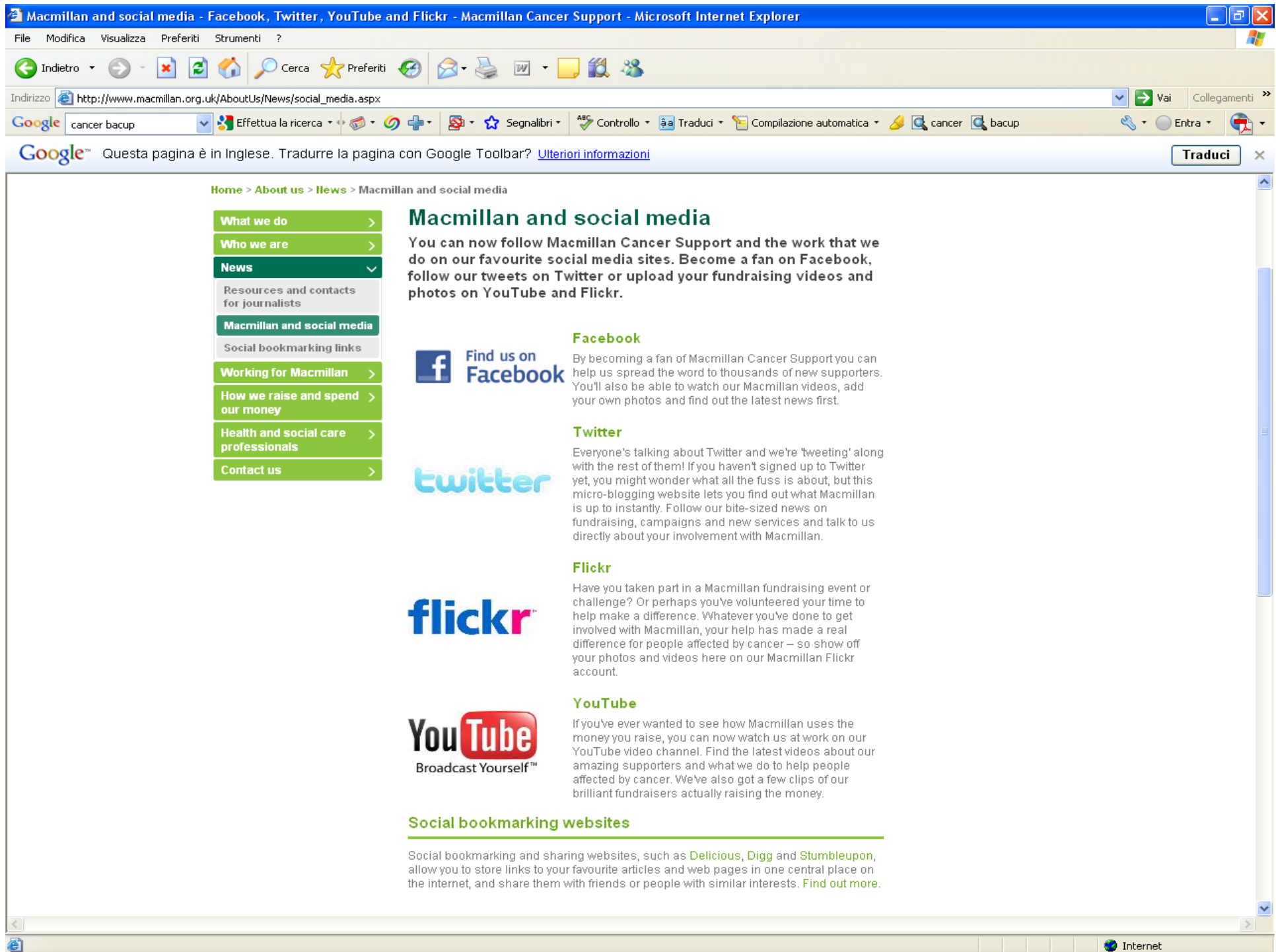
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Il portale sulla salute per partecipare e decidere consapevolmente



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Accademia del cittadino



L'Accademia del cittadino [\[scarica il programma\]](#) nasce con la finalità di formare ai temi della salute e della sanità rappresentanti di associazioni di cittadini & pazienti. E' disponibile il programma dettagliato del primo modulo [\[scarica il primo modulo\]](#), con lezioni e relatori. Questo progetto di formazione è una iniziativa congiunta della Regione Toscana e del progetto PartecipaSalute. Il percorso di formazione è completamente gratuito. Scarica e compila la domanda di iscrizione [\[scarica la scheda di adesione\]](#). [\[leggi tutto\]](#)

Influenza: che fare?

Silvio Garattini e Giuseppe Remuzzi rispondono alle domande più frequenti sull'influenza H1N1 [\[Leggi tutto\]](#)



Appello per il Servizio sanitario nazionale

In primo piano

Malattie cardiache: i supplementi di vitamina b non hanno effetto protettivo

Diagnosi di infezione virale in pronto soccorso: risultati promettenti per i test rapidi

Stimolatore elettrico transcutaneo per il trattamento dell'osteoartrite: nessuna evidenza lo raccomanda

[Blog Scire](#)

[Sul Test del PSA a 40 anni è tutto da rifare](#)

[La vita e la morte](#)

Il potenziamento muscolare progressivo aiuta gli anziani nelle attività quotidiane

Usare creme o gel rubefacenti può dare sollievo dal dolore?

[La nuova influenza punto per punto](#)

Caccia ai volontari per trial clinici? Adesso anche sui social network!

Cancro: sopravvissuti ma disoccupati

Disease mongering, la società odierna è troppo medicalizzata

Indagine sull'impiego dei servizi socio-sanitari della CRS

Pubblicità ai farmaci. Una volta si chiamava réclame

All'estero si possono votare i medici, su Internet. E se si facesse in Italia?

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continua
commenta

Segnalati e commentati

Scire - Post 51: Luci e ombre dei vaccini per l'A(H1N1)v

Uno scudo per una pubblica lapidazione | Occhio Clinico

Déjà vu:
Una epidemia di
diagnosi di
melanoma
(25/08/2005)

Discussioni in
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Pillole sì, pillole no

Trial al setaccio

Decisioni condivise

Web 2.0 e dintorni

Web 2.0 e dintorni

Web 2.0 descrive una serie di strumenti informatici (come i [social network](#), i [blog](#) e i [wiki](#)) disponibili nella rete internet. Anche l'ambito della salute è interessato dall'evolversi di applicazioni web condivise, funzioni di partecipazione degli utenti, banche dati interrogabili. La rubrica seguirà lo sviluppo di questa particolare esperienza di navigazione.

1864 letture

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Caccia ai volontari per trial clinici? Adesso anche sui social network!

03-Sep-2009

Indagine sull'impiego dei servizi socio-sanitari della CRS

31-Ago-2009

Il web 2.0 per capire la nuova influenza II

14-Giu-2009

Il web 2.0 per capire la nuova influenza

04-Giu-2009

I servizi socio-sanitari della Carta Regionale della Lombardia non decollano

12-Maggio-2009

Un libro web 2.0

13-Mar-2009

La Carta regionale dei servizi della regione: prova su strada

30-Jan-2009

Google Flu Trends e la previsione di epidemie

30-Nov-2008

Conoscenza, accesso libero

05-Nov-2008

Google Health e le cartelle sanitarie on line: una nuova sfida per Google

25-Giu-2008

Benvenuti nella giungla di internet, purché siate attrezzati

23-Giu-2008

Cartelle cliniche informatizzate: un aiuto alla pratica clinica e alla ricerca medica

28-Maggio-2008

Le cartelle cliniche personali

29-Apr-2008

Health Vault: la salute secondo Microsoft

29-Apr-2008

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Scire – Post 51: Luci e ombre dei vaccini per l'A(H1N1)v

Uno scudo per una pubblica lapidazione | Occhio Clinico

Déjà vu: Una epidemia di diagnosi di melanoma (25/08/2005)

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Il Progetto

Cerca

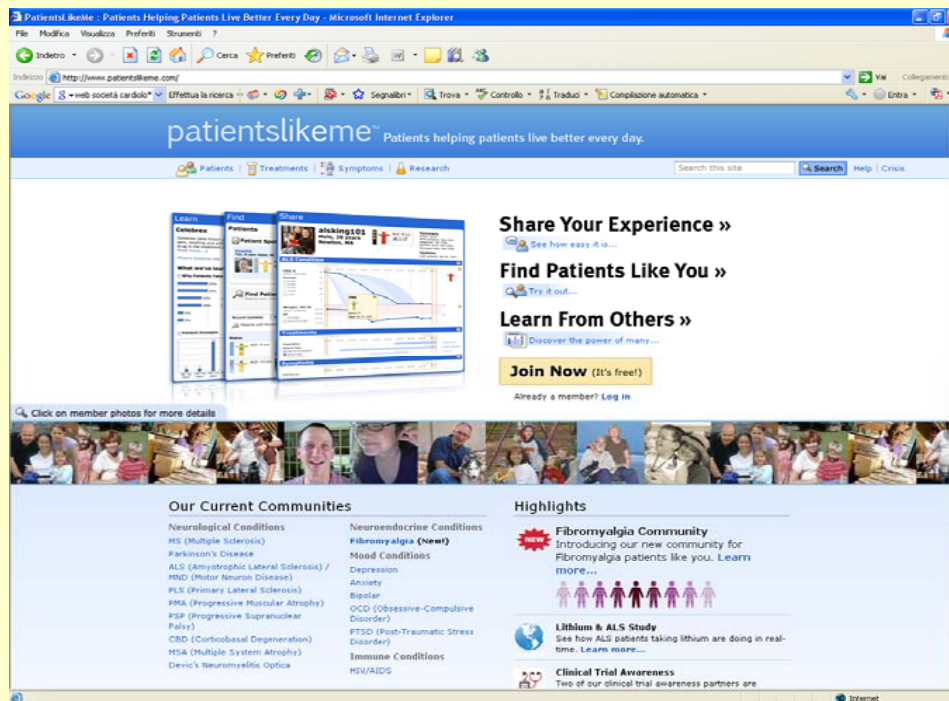
Newsletter

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Operazione completata

Internet

Social network – Patients and consumers



“Around 3,000 to 5,000 new cases of ALS are diagnosed every year in the United States alone. Imagine knowing every medication, supplement, or device used to treat your disease. Imagine knowing what treatments work for people just like you — and having the ability to easily connect with those people. That’s what makes PatientsLikeMe different. Patients share their treatments and outcomes not just to help themselves, but to help others. Become part of making a difference for everyone with ALS today. “

stickK – Expert Word - Microsoft Internet Explorer

File Modifica Visualizza Preferiti Strumenti ?

Indietro

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Preferiti

Indirizzo <http://www.stickk.com/articles.php?communityID=17>

Vai

 Collegamenti >>

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Segnalibri

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ABC

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Entra

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Weight loss



Eating for a Health Heart

September 29, 2009

By **REBECCA MOHNING** [View more articles by this author](#)

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It is time to find ways to be healthier to protect your heart. The American Heart Association recommends a dietary pattern that keeps intake of trans fats and saturated fats as low as possible (with less than 10 percent of daily calories coming from trans fats and saturated fats combined), as both of these are associated with an increased risk of heart disease. Don't be confused trans fat is worse than saturated fat since it raises the bad cholesterol (LDL) and also lowers the good cholesterol (HDL) unlike saturated fat which only raises the bad cholesterol. As a result, the debate has been settled, margarine is worse for us than butter because most margarines are processed using a method which results in unhealthy trans fats. [View Full Article](#)



The Skinny on Fad Diets

September 29, 2009

By **JULIE C.H. BRAKE** [View more articles by this author](#)

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A fad diet is any diet that becomes popular for a short period of time due to stories of success from a relatively small number of people. They are advertised as quick ways to lose weight. Most of these diets require a low intake of specific foods or nutrients for a certain period of time. Some of them have various stages to reintroduce the limited food or nutrient. Here are some examples of fad diets and why they don't work: [View Full Article](#)



Feed Your Family Better and Cheaper!

September 29, 2009

By **DAN DEFIGIO** [View more articles by this author](#)

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The USDA reports that food prices rose more over the last two years than they have in almost 20 years. Many people are looking for less expensive ways to feed their families. Sure, a fast-food hamburger or a box of prepared ~~Mystery Helper~~ is an inexpensive way to put calories into your family's stomach. But how

Operazione completata

Internet

SugarStats.com - Simple, Online Blood Sugar Tracking for Diabetes Management - Microsoft Internet Explorer

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Tour
Plans and Pricing
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SugarStats

SugarStats provides online diabetes management, community support and collaborative sharing to motivate and improve health.

See Plans and Pricing or Take a tour

Signing up takes less than a minute.

Every diabetic knows that better control means better health, lower medication intake and thus lower medication costs.

With SugarStats you will be able to:

- Visualize your progress with easy to read graphs and trends
- Meet other diabetics with community groups and discussion forums
- Share your statistics with your family, friends or physicians
- Get rid of that pen & paper log It's all online!
- Track & manage meds, foods* and activity*
- Drill down into specific timeframes to get a clear picture of your stats over time

SugarStats gives you a simple and easy-to-use interface to input and access your data from home, school, work, when you're on the road or just about anywhere at all. All you need is a web browser and the desire to take control of your diabetes.

Why use SugarStats?

Graphs and Trends

Visualize your progress via graphs and trends based on your daily stats.

Quick and Simple

SugarStats offers quick and simple input via Web, Email and more.

12:28PM	Sugar	150 mg
12:28PM	Food	Big Sala

Easy to Use

SugarStats was designed with simplicity and ease of use in mind.

Stats & Trends

Sugar	Perce
Total Entries: 8	In Ra

Share your Statistics

Share your stats with your friends, family or health-care professionals.

SugarStats

Home Graphs Stats Friends Messages Journal Logs Store

Dashboard

Create New: Stats for Today Journal Entry Message HbA1c Entry Exam Entry Doctor Checkup

Recent 5 Day Sugar Graphs

Top Tags - Sugar Averages

Tag	Average
After Breakfast	100
After Dinner	142
Before Breakfast	116
Before Lunch	94
NA	

Last 5 Day Averages

Date	Intake	Arg	High	Carbs
Nov 11	57%	133	256	240.0 g
Nov 10	53%	158	199	278.0 g
Nov 09	87%	114	150	240.0 g
Nov 08	40%	197	307	120.0 g
Nov 07	82%	101	270	120.0 g

Last 5 HbA1c Entries

Result	Date
7.8	Nov 25, 2007
8.1	Sep 16, 2007
9.2	May 07, 2007
10.1	Feb 10, 2007
9.5	Aug 12, 2006

Last 5 Journal Entries

Title	Date	Comments
Just went to the Doc...	Nov 09, 2008	0
Lots of exercise today...	Jan 18, 2008	0
Mon, Jan 02, 2008	Jan 07, 2008	0
Sat, Dec 30, 2007	Dec 30, 2007	0
Mon, Dec 03, 2007	Dec 03, 2007	0

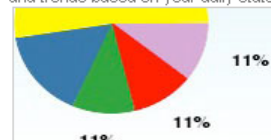
Friend Comments

Add a Comment

Operazione completata

Internet

Visualize your progress via graphs and trends based on your daily stats.



SugarStats offers quick and simple input via Web, [Email](#) and more.

12:28PM	Sugar	150 mg
12:28PM	Food	Big Sal
12:28PM	Med	5.0 Units

SugarStats was designed with simplicity and ease of use in mind.

<u>Sugar:</u>	<u>Percentage:</u>
Total Entries: 8	In Range: 0
Average: 148 mg/dL	Out of Range: 0
Lowest: 90 mg/dL	Very Low: 0

Share your stats with your friends,
family or health-care professionals.



Quickly input your entries from [Twitter.com](#) via IM, SMS and more.



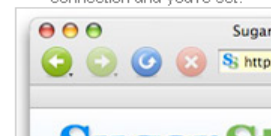
What are you doing?

d ss1 bg 108 Feeling good!

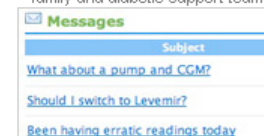
View and add entries from your [mobile phone or PDA](#) on the go.



- All you need is a browser and internet connection and you're set.



Exchange messages to your endo,
family and diabetic support team.



Newest Discussions


Newest Discussions

Discussion Topic	Replies
 How Would Your "Perfect" Glucose Monitor Work?	1
 Sleep Apnoea	3
 Needlessly Suffering From Regular Low Blood Sugar Attacks	4
 How Does Your Bg React When You're Sick?	3
 New Question :) I'm Learning!	8
 Long Haul Flying	10
 Insurance	3



 [Marston A.](#) started a discussion: [How would your "Perfect" Glucose Monitor work?](#)
about 2 hours ago



 [Marston A](#) replied to: [How Would Your "Perfect" Glucose Monitor Work?](#) and said: A curious question... In your perfect world, how would your perfect glucose meter work and what features would it have? Or is a CGMS, in your mind, already the perfect... [View](#)



 [Team Sugarstats](#)  posted a new journal entry:
[Sugarstats Security Notice: Phishing Email Scam Alert](#)
about 3 hours ago

[View more community activity](#)

SugarStats

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**LANTUS®: 24-HOUR
BLOOD SUGAR CONTROL
NO PRONOUNCED PEAK**

INDIVIDUAL RESULTS MAY VARY

LANTUS
Insulin glargine (rDNA origin) injection

PRESCRIBING INFORMATION

IMPORTANT SAFETY INFORMATION FOR LANTUS®

Lantus® SoloStar® is a disposable insulin delivery device (insulin pen). **Needles and the SoloStar® pen must not be shared.**

Internet Explorer 6 is Not Supported

It seems you're using Internet Explorer 6. We've removed support for IE6 because it doesn't support web standards. This site will work better for you if you upgrade to Internet Explorer 8 or switch to another browser such as Safari or Firefox.





Have a look at: [Safari](#), [Firefox](#) or consider [upgrading to Internet Explorer 8](#)

[Close this alert](#)

Main Community Page Newest Discussions Newest Journals Newest Members All Groups

Community, Groups and Discussions

Latest Community Activity

-  [Marston A.](#) started a discussion: [How would your "Perfect" Glucose Monitor work?](#)
about 2 hours ago
-  [Marston A.](#) replied to: [How Would Your "Perfect" Glucose Monitor Work?](#) and said: A curious question... In your perfect world, how would your perfect glucose meter work and what features would it have? Or is a CGMS, in your mind, already the perfect... [View](#)
about 2 hours ago
-  [Team Sugarstats ..](#) posted a new journal entry: [Sugarstats Security Notice: Phishing Email Scam Alert](#)
about 3 hours ago
-  [Daerick L.](#) replied to: [I Phone Applications](#) and said: Hi Kathy, Glad its working on your blackberry. Please keep us posted as to how you like the mobile version. [View](#)
about 4 hours ago


View Discussions: Most Popular Newest Top Voted	
Newest Discussions	
Discussion Topic	Replies
 How Would Your "Perfect" Glucose Monitor Work?	1
 Sleep Apnoea	3
 Needlessly Suffering From Regular Low Blood Sugar Attacks	4
 How Does Your Bq React When You're Sick?	3
 New Question :) I'm Learning!	8
 Long Haul Flying	10
 Insurance	3
 ...	4

Active Groups


Type 1 Diabetics

 Members: 11
Topics: 8


Diabetes Diet And Nutrition

 Members: 7
Topics: 6


Friends And Family Of Diabetics

 Members: 6
Topics: 4


Parent Of A Diabetic

 Members: 4
Topics: 3

Type 2 Diabetics

 Members: 9
Topics: 2


Pens And Needles

 Members: 3
Topics: 2

Pre Diabetics

 Members: 3
Topics: 1

Continuous Glucose Monitoring Systems

 Members: 1
Topics: 1

[View more groups...](#)

Programmi di monitoraggio attraverso il web

- Monitoraggio malattie croniche*
 - Scompenso cardiaco
 - Diabete
 - Ipertensione
- Monitoraggio stili di vita
 - Obesità
 - Mantenimento della dieta
 - Fumo

* Journal of Diabetes Science and Technology 2009

Monitoraggio asma

- Studio randomizzato assistenza web-based vs braccio tradizionale (12 mesi)
- Migliorata qualità della vita (Asthma Quality of Life Questionnaire)
- Miglioramento nel controllo dell'asma (Asthma Control Questionnaire)
- Miglioramento della funzionalità polmonare
- Riduzione dei sintomi della malattia nelle precedenti due settimane dalla valutazione
- Riduzione contatti/visite

Van der Meer V et al. Ann Intern Med. 2009;151:110-20.

Monitoraggio diabete tipo 2

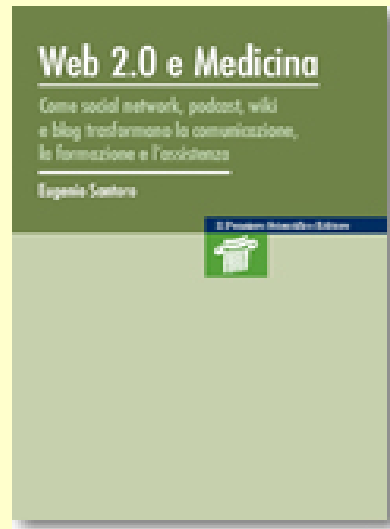
- Studio randomizzato assistenza web-based vs braccio tradizionale (6 mesi)
- Migliorata qualità della vita (SF-12)
- Miglioramento nel controllo del diabete
- Diminuzione dei livelli pressori e del livello di emoglobina nei pazienti “trattati

Holbrook A et al. CMAJ 2009;181:37-44

E. Santoro, Bologna, 15 ottobre 2009

Per saperne di più

<http://www.pensiero.it/catalogo/scheda.asp?IDPubblicazione=584>



**Santoro E. “web 2.0 e medicina”. Roma 2009,
Il Pensiero Scientifico editore**

E. Santoro, Bologna, 15 ottobre 2009

Grazie

E. Santoro, Bologna, 15 ottobre 2009