

Effect of Internet Therapeutic Intervention on A1C Levels in Patients With Type 2 Diabetes Treated With Insulin

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OBJECTIVE— To assess the effect of an Internet-based glucose monitoring system (IBGMS) on A1C levels in patients with type 2 diabetes treated with insulin.

RESEARCH DESIGN AND METHODS— This trial involved 50 patients randomly assigned to receive either conventional treatment alone or with additional follow-up through an IBGMS for 6 months. Patients randomized to the intervention group uploaded blood glucose readings every 2 weeks to a secure Web site for review and receipt of feedback from their endocrinologist. A1C and laboratory test results were collected at 0, 3, and 6 months.

RESULTS— The baseline parameters were not significantly different. Over a 6-month followup, A1C dropped from 8.8 to 7.6% ($P < 0.001$) in the intervention group compared with 8.5 to 8.4% ($P = 0.51$) in the control group.

CONCLUSIONS— The use of IBGMS significantly improved A1C levels in patients with type 2 diabetes treated with insulin.

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