

# Web Sitings

## dLife Makes Diabetes Clickable

According to the CDC, diabetes affects 8.3% of Americans and, by the year 2050, one-third of all Americans will have the disorder. dLife, a Web site devoted to serving the diabetes community, celebrated its 6-year anniversary and updated their Web site, <http://www.dLife.com>, to better serve their audience.

Under the “Everything Diabetes” tab of the toolbar, a user is able to find background information. Each of the types of diabetes are explained by causes, symptoms, diagnosis, treatment, and complications.

This section also houses information about the various types of treatment or medications that diabetes patients might need to regulate the disease. Conditions associated with diabetes, such as depression or thyroid disorders, are touched upon to ensure that the user is aware of what other complications may occur.

According to the site, diabetes not only affects the patient who has it, but, rather, affects everyone around them. It is important for diabetes patients to know they are not alone in the struggle, however, and, therefore, dLife lists famous actors/actresses, journalists, sports stars, and more who have diabetes. There is also a community section that features real people and their stories, emphasizing that diabetes is something you have, not who you are.

The “Food & Fitness” area of dLife is a library of more than 9,000 recipes that have passed the diabetes test. If you are having a problem finding foods that are tasty and will not destabilize your insulin, this section will help you make a grocery list and a dish for every meal. Another section

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Everything Diabetes | Food & Fitness | Video & More | Meet Others | Resources

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**For Your Diabetes Life**

**Living With It**

- ▶ Are You Stressed?
- ▶ Motivating Your Partner or Child
- ▶ Gluten-Free, Carb Friendly Menus and Snacks

**Learning About It**

- ▶ Nix the Nonfat Milk?
- ▶ How to Lower Your A1C Levels
- ▶ 11 Foods You Should Be Eating

**Important Safety Information**

When ONGLYZA™ (saxagliptin) is used with certain other diabetes medicines to treat high blood sugar, such as a sulfonylurea, low blood sugar (hypoglycemia) may occur. Symptoms of low blood sugar include shaking, hunger, sweating, headache, rapid heartbeat, change in mood, and change in vision. Follow your healthcare provider's instructions for treating low blood sugar.

If you have allergic (hypersensitivity) reactions, such as rash, hives, and swelling of the face, lips, and throat, stop taking ONGLYZA and call your healthcare provider right away.

When ONGLYZA is used with a thiazolidinedione (TZD), such as pioglitazone or rosiglitazone, to treat high blood sugar, peripheral edema (fluid retention) may occur.

[Patient Information](#) | [US Full Prescribing Information](#)

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<http://www.dLife.com>

within this area shows simple exercise techniques.

The “Meet Others” page acts as a social networking page for users of the site. Site membership is free, and allows instant access to other users. Registered users can post their personal stories, get advice from other users, and meet other people who also have diabetes.

Polls, videos, and podcasts are linked under the “Video & More” tab. Users of the site can take quizzes to test their knowledge, participate in polls, and learn more about the history of diabetes. Podcasts and more than 400 dLife TV videos act as entertainment, while offering useful information on various topics related to the disorder.

## The Itch on After Shingles

Ninety percent of Americans over the age of 15 years have had the varicella

zoster virus—the virus that causes chickenpox and shingles—and 2 of every 10 people will experience it at least once during their lifetime. After Shingles (<http://www.aftershingles.com>) is a Web site that offers important information and resources to the public.

An overview on the differences between shingles and postherpetic neuralgia (PHN) is discussed in the “Shingles & After-Shingles Pain” section of the Web site. People who are unfamiliar with shingles may be surprised to know that, after the disorder has been treated, the patient may still experience discomfort as an after effect. PHN is one of the after effects of shingles, once the rash has healed. This section informs the user of the signs and symptoms, as well as how to treat PHN and shingles.

Dr. Christopher Gharibo, medical director of pain medicine within the Department of Anesthesiology at New



user can get an overview of the area where the pain is located, what conditions may be causing it, and important information about each condition. A treatment section offers information about medications or procedures that may be necessary to relieve the pain. Each page offers other resources that may be beneficial: videos, feature articles, a message board for people to connect, and a blog.

Users can register for the Web site under the “Pain Forums” section in order to communicate with other people who may be experiencing the same pain. In this section, users can create a virtual conversation amongst other members, categorized by the subject they are talking about. Users share inspirational posts and questions about medications or treatments, seek recommendations for physicians, and more.

Options on how to treat, or minimize the spinal pain is discussed in the “Treatment” section of the site. This area is set up similar to the “Conditions” area, in that, each treatment is discussed thoroughly, with such resources as feature articles and videos to enhance the material.

A unique characteristic of this Web site is a section called “Clinical Trials.” Because the site is developed and maintained by a multispecialty group of professionals, it showcases information about clinical studies that focus on new drugs and medical devices.

## The Ins and Outs of Arthritis

Arthritis affects more than 24 million women and more than 17 million men. If you are experiencing symptoms of arthritis, <http://www.eArthritisHealth.com> can help you understand the disease.

The “Arthritis Types” section of the site offers information about the dif-

York University Hospital for Joint Diseases, offers users a chance to communicate directly with him and ask questions that they may have about shingles or PHN in the “Expert’s Corner” section. A list of frequently asked questions is offered, so users can see if their question has already been answered.

A list of resources for users of the Web site, and patients experiencing shingles or PHN, is listed under the “Resources” tab. Web sites, such as the American Pain Foundation and American Academy of Pain Management, are linked directly through the site.

Also under the “Resources” tab, users can order their complimentary “Seminar in a Box.” This kit is a gift from the Patchwork of Hope Network™ and contains a variety of educational materials about shingles and PHN.

The Web site offers a quiz where users can test their knowledge about shingles and PHN. After taking the quiz, they will be able to see how they scored on each question, as well as a brief explanation for each.

Lastly, under “Talk to Your Doctor,” users can prepare themselves for their appointment with their physician. On the Web site, users can describe where they are experiencing pain, and a virtual diagram of a human body acts as a model to show the physician what area needs to be examined. This model also allows users, when registered with the Web site, to track their pain on a downloadable calendar in order to determine if it is getting better or worse.

## Spine-Health.com Relieves the Pain

The Spine-Health Web site (<http://www.spine-health.com>) is dedicated to providing useful information and resources for patients to understand, prevent, and seek the appropriate treatment for back and neck pain.

The “Conditions” tab shows a dropdown menu with common conditions associated with the spine. Each category opens a new page, in which the

ferent types of arthritis: general, osteoarthritis, psoriatic, and rheumatoid. There is also an area in this section that talks about the various treatments needed in treating or lessening the effects of arthritis.

Each of the different types of arthritis are explained more thoroughly, using simple terms and thorough explanations of the symptoms and causes, helping users determine which type they are experiencing. Videos are offered on the site as well, allowing the users to visualize what is happening to their bodies when arthritis develops, and see what type of surgical procedures may be needed.

A glossary of arthritis medical terms is showcased in the top toolbar of the site, in case a term is used that the user is unfamiliar with. Links to the company's social networking sites are shown on the homepage. Although there isn't a way for users to connect directly through the Web site, visiting the Facebook page, which is linked on the homepage, can help arthritis patients connect with each other.

## Veterans and Active-Duty Members Find a Friend in Military.com

Military.com, an online military and veterans membership organization that serves approximately 10 million subscribers, is the go-to page for military members and their families.

The homepage hosts a wide variety of links to keep the user from getting bored. A section titled "Military News" lists 10 top links for up-to-date information on what is happening in the military and around the world. "The Military.com Network" section, at the bottom of the homepage, links other Web site services that may be beneficial to users—such as DoD Buzz, DefenseTech, and Milblogging.com.

The "Benefits" tab of the site brings users to a page that allows them to research benefits according to duty status. Loans, bills, insurance packages, and benefits are detailed more thoroughly, in order to ensure that active-duty members and veterans get the help they need and deserve. The Resources section of the benefits area offers more detailed information about the military and general information about benefits. Users can research military equipment, ranks, and insignias, as well as learn how to advance their education and get back into the job market.

The Resources section offers links to pages, including a Benefits Guide, Buddy Finder, Career Fairs, and Fitness Center. Within the Fitness Center section, users may view topics by service (army, navy, air force, marine corps, or coast guard) or they can explore articles on such topics as military workouts, fitness test prep, close combat, fitness equipment, weight training, and diet and nutrition.

Users can take control of their finances, with help from professionals, under the "Finance" tab. This page hosts information about home loans, debt counseling, and life insurance policies. Users can plan for retirement and seek information about relocating as well.

The Military Report link on this page offers information about resale values on cars, discounts on sporting events, and more. This section is updated monthly, so the benefits and article links may change. However, all reports are archived on the side of the page. If you need to find a job first, click on the "Careers" tab for numerous job boards, and tips on how to advertise yourself.

One of the most beneficial aspects of the site is hosted under the "Community" tab. This section of the site allows users to find their friends and units. Users can post messages for each other, share photos, or add stories of their units for each other and other members of the site.