

While scrutinize low-quality websites manually, observed that they (1) give brief definitions but provide either limited or no information about approved treatments, (2) use ambiguous words or phrases in the text such as “there are things to do” but no further details are provided, (3) contain irrelevant information such as unapproved holistic treatments or advertisements. The following sample websites are giving:

Examples of low-quality websites:

1. (Coverage score 0)

Diabetes

As can be seen in this example, there is no information about the treatment except for very general definitions about the disease.

Diabetes is a disease where your body **cannot** control its blood sugar levels properly – either because your body doesn’t make enough (or any) insulin, or because your cells have become resistant to insulin.

Only give definition of Insulin.

Insulin is a chemical produced in the pancreas. It helps your body process sugars.

- If blood sugar levels aren’t kept under control, diabetes **can** be life-threatening.
- Diabetes **can** lead to other health conditions, including kidney failure, eye disease, foot ulceration and a higher risk of heart disease.
- Keeping your blood sugar at a safe level means you’re less likely to have other health problems.

There’s no cure for diabetes, but **there are things** you **can** do to stay well. Support from your friends, and health care providers **can** help.

Use ambiguous words or phrases in the text such as “there are things to do” but no further details are provided

Heart and diabetes checks

Diabetes is our largest and The More Heart and Diabetes Checks Health Target has been established to help save these lives – and diabetes checks.

How common is diabetes?

There are over 240,000 people in New Zealand who have it but don’t know.

- Diabetes is most common
- South Asian people
- The number of people with both types of diabetes is rising – especially obesity-related type 2 diabetes.

Type 1 diabetes

Type 1 diabetes is when your body has stopped producing insulin. People with type 1 diabetes need to inject insulin to live.

- Type 1 diabetes is usually
- Type 1 diabetes is less common than type 2 diabetes.

Type 2 diabetes

There is very little information on the type 2 diabetes.

Type 2 diabetes is when your cells have become insulin resistant or your body doesn't produce enough insulin to keep you healthy.

- Type 2 diabetes usually develops in adults but it is becoming more common in children.
- Type 2 diabetes is the only type of diabetes linked with obesity.

Diabetes in pregnancy

Pregnant women

2. (Coverage score 1)

Get the facts about diabetes, its impact on the body, and how to live with the disease.

About Diabetes

Diabetes is a group ofinsulin. Insulin is a hormone produced by the body that takes nutrients and sugars from food and sends them to cells to use as fuel.

Type 1 Diabetes

Only give definition of Insulin.

Type 1 diabetes is diagnosed unique support materials for families with type 1 diabetes. For more information, visit

Type 2 Diabetes

The reason for getting one point is because it only mentions diet and exercise.

Type 2 diabetes occurs when the body isn't able to produce enough insulin or cells develop an insulin resistance. Type 2 diabetes can be the result of a combination of genetics, poor diet, lack of exercise, or obesity. Living a normal life with diabetes is possible with proper treatment, diet, and exercise. Through our medicines, resources, and for people with diabetes. For more information on type 1 or type 2 diabetes, visit our resources page.

Example of high-quality website

1. (Coverage score 24)

Bariatric Surgery

One of the treatment options not available on many websites.

Bariatric surgery (Gastric Bypass or Laparoscopic Gastric Banding) is sometimes considered for adults with a body mass index (BMI) above 35 and type 2 diabetes, especially if the diabetes is difficult to control with lifestyle changes and medicines.

Although small trials with BMIs lower than 35.

There are two main types of bariatric surgery:

Gastric bypass surgery: shrinks the

Laparoscopic Gastric Banding also

Because bariatric surgery is not regarded as a cure, it is recommended that individuals who have undergone a have normalized.

In addition, they need carefulare at risk for a return of hyperglycemia.

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Disadvantages of Using an Insulin Pump

Although there are many good reasons as to why using an insulin pump can be an advantage, there are some disadvantages.

The disadvantages of using a pump are that it:

- Can cause weight.....

Additional Resources

[How do Insulin Pumps Work?](#)
[Advantages of Using an Insulin Pump](#)
[Getting Started with an Insulin Pump](#)

Give advantages and disadvantages for decision making; also additional resources

Advantages of Using an Insulin Pump

Some advantages of using an insulin pump instead of insulin injections are:

- Using an insulin pump means eliminating individual insulin

Facts about Type 2

Type 2 diabetes is the most common form your body does not use insulin properly. This is called insulin resistance. with lifestyle changes, oral medications (pills), and insulin. When glucose builds up in the blood instead of going into cells, it **can** cause two problems:

- Right away, your cells **may** be starved for energy.
- Over time, high blood glucose levels **may** hurt your eyes, kidneys, nerves or heart.

Some people with type 2 **can** control their blood glucose with healthy eating and being active. But, your doctor **may** need to also prescribe oral medications or insulin to help you meet your target blood glucose levels. Type 2 usually gets worse over time –

Getting Started with an Insulin Pump

1.

Good Insulin Pump Habits

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Ask for Help

This is a lot of information. Fortunately, you don't need to be an expert

How Do Insulin Pumps Work?

..... An insulin pump **can** help you manage your diabetes.

How They Work?

Insulin pumps deliver rapid- or short-acting insulin 24 hours a day through a catheter placed under the skin. Your insulin doses are separated into:

- Basal rates
- Bolus doses to cover carbohydrate in meals
- Correction or supplemental doses

Basal insulin is delivered continuously over 24 hours, or supplemental bolus of insulin to bring it back to your target range.

Placing the Pump

Knowing how an insulin pump works is one thing. In this case, you **may** just need to take the insulin pump off.

How Much Do Oral Medications Cost? Costs vary widely among the different medications. Keeping your blood glucose levels close to normal will help to reduce your risks for the long-term complications in the future and help you feel your best today.

Insulin Basics

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It contains a lot of information about insulin except the definition. There is detailed information about types of insulin.

Inside the pancreas, beta cells make the hormone insulin. With each meal, beta cells release insulin to help the body use or store the blood glucose it gets from food.

In people with **type 1 diabetes**, the pancreas no longer makes insulin. The beta cells have been destroyed and they need insulin shots to use glucose from meals.

People with **type 2 diabetes** make insulin, but their bodies don't respond well to it. Some people with type 2 diabetes need diabetes pills or insulin shots to help their bodies use glucose for energy.

Insulin cannot be taken as a pill be experiencing a reaction.

Types of Insulin

- **Rapid-acting insulin**,
- **Regular or Short-acting insulin**
- **Intermediate-acting insulin**
- **Long-acting insulin**

Premixed insulin can be helpful people whose diabetes has been stabilized on this combination.

In 2015 an inhaled insulin product, Afrezza,and in type 2 patients who use long-acting insulin.

- **Inhaled insulin**

Characteristics of Insulin

Insulin has 3 characteristics:

- **Onset**
- **Peaktime**
- **Duration**

Insulin Strength

All insulins come dissolved or suspended in be certain to match your insulin strength with the correct size syringe.

Insulin Pumps

Insulin pumps are small computerized devices that deliver insulin in two ways:

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Insulin Routines

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Insulin Therapy

With the help of your health care team, you can find an insulin routine that will keep your blood glucose near normal, help you feel good, and fit your lifestyle.

Type 1

People diagnosed with type 1 diabetes usually start with two injections and nerve damage caused by diabetes.

Type 2

Most people with type 2 diabetes may need one injection per day to three or four injections of insulin per day.

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When traveling, bring your used syringes home. Pack them in a heavy-duty holder, such as a hard plastic pencil box, for transport.

Other Injectable Medications ,

Give information about other medications

Besides insulin, there are other injectable drugs used to treat diabetes.

GLP-1 Receptor Agonists

These medications stimulate insulin production while suppressing the liver's glucose output. They may decrease appetite and

Amylin Analogue

This medication slows food from moving too quickly over time.

- Pramlintide (Symlin); with meals

Dietary Supplements: Side Effects and Drug Interactions

Dietary supplements **may** seem safe or mild because they're natural. Many think that something natural couldn't hurt them. Yet, serious side effects

Tips for Emergency Preparedness

We have always needed to be ready for emergencies. Wherever you live, there is the chance of something happening to disrupt your an emergency.

Your emergency supply kit **should** also contain a list of emergency contacts and, if you are a parent of a child in school or

What About Insulin?

Although it is a common practice to try pills before insulin, you may

Combination Therapy

Because diabetes pills seem

What Are My Options?

Give treatment options

There are different types, or classes, of drugs that work in different ways to lower blood glucose (blood sugar) levels:

- Sulfonylureas
- Biguanides
- Meglitinides
- Thiazolidinediones
- DPP-4 inhibitors
- SGLT2 Inhibitors
- Alpha-glucosidase inhibitors
- Bile Acid Sequestrants

Sulfonylureas

Sulfonylureas stimulate the beta cells of the pancreas to release more insulin. Sulfonylurea drugs have been in but they differ in side effects, how often they are taken, and interactions with other drugs.

Biguanides

Metformin (Glucophage) is a biguanide. Biguanides lower blood when the drug is taken with food.

Meglitinides

Meglitinides are drugs that also stimulate the beta cells to release insulin if you are concerned about any of these side effects.

Thiazolidinediones

Rosiglitazone (Avandia) and pioglitazone (ACTOS) are in a group of drugs called thiazolidinediones. These drugs help insulin are effective at reducing A1C and generally have few side effects.

DPP-4 Inhibitors

A new class of medications called DPP-4 inhibitors help improve A1C without causing hypoglycemia. the DPP-4 inhibitors currently on the market in the US.

SGLT2 Inhibitors

Glucose in the bloodstream passes through the kidneys, where it can either be excreted or reabsorbed. Sodium-glucose transporter 2 (SGLT2), side effects can include urinary tract and yeast infections.

Alpha-glucosidase inhibitors

Acarbose (Precose) and miglitol (Glyset) are alpha-glucosidase have side effects, including gas and diarrhea.

Bile Acid Sequestrants

The bile acid sequestrant (BAS) colesevelam (Welchol) is a cholesterol-lowering medication that also reduces blood constipation.

Oral combination therapy

Because the drugs listed above act medicine.