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Contact: Lorraine Stiehl  
[lstiehl@diabetes.ucsf.edu](mailto:lstiehl@diabetes.ucsf.edu)  
619-885-1212  
[www.diabetes.ucsf.edu](http://www.diabetes.ucsf.edu)

**80 MILLION AMERICANS CAN BENEFIT FROM NEW DIABETES RESOURCE**  
**Free Educational Website Created By UCSF Diabetes Teaching Center Goes Live**

SAN FRANCISCO, August 8, 2008 -- A complete online diabetes self-management education program, [www.deo.ucsf.edu](http://www.deo.ucsf.edu), has been launched by the University of California, San Francisco (UCSF) Diabetes Teaching Center. This website mirrors the highly successful American Diabetes Association (ADA) accredited teaching program curriculum created by UCSF clinicians and presented to thousands of patients at UCSF over the past 30 years.

Because the rate of diabetes is increasing so rapidly, the need for diabetes education and medical care far exceeds the number of dedicated diabetes care providers. According to the latest statistics released by the ADA, in the U.S. there are over 23 million individuals with diabetes and 57 million with pre-diabetes, yet it has been estimated that only 4,000 trained diabetes physicians provide specialized care. Very few individuals with diabetes can expect to see a diabetes specialist – but everyone with internet access can now be educated about diabetes.

Not only does the website offer a complete, separate curriculum for type 1 and type 2 patients, it provides a sub-curriculum for type 2 patients based on treatment (oral medication management vs. insulin management) and information for health care providers. For the newly diagnosed, this website can help individuals understand diabetes, and facilitate the necessary lifestyle changes to manage their care. For those already living with diabetes, this program provides training in the latest advances in self-care and problem-solving skills.

Diabetes Education Online (DEO) is unique from other diabetes education websites in that it focuses on the equation, “understanding = improved management”. Through the years, UCSF clinicians have recognized that it is just as important to explain why to do something, as well as what to do. Each section provides detailed explanations and includes scientific background information, self-management instruction, and optional self-quizzes to assess knowledge learned. In addition, a comprehensive library provides printable handouts of key tables, charts, and illustrations, plus video access to educational presentations.

This website is designed to provide information that is specific to the individual’s needs. Even though the website provides concepts and ideas for managing health, it is important that the individual works with his or her health care provider to create a personal plan of care.

Currently the website is available in English. Foreign language versions are planned in the future.

This new resource can be viewed at this link: [www.deo.ucsf.edu](http://www.deo.ucsf.edu)

For more information, contact: [info@diabetes.ucsf.edu](mailto:info@diabetes.ucsf.edu)