

E-mail program to help Japan's diabetics

September 6 2005

A Japanese research team has reportedly developed a system to help improve diabetics' lifestyle by using e-mail.

Researchers at St. Marianna University's School of Medicine, Hiroshima City University and others said the procedure will help patients with mild diabetes and those at risk of the disease, the Asahi Shimbun reported Tuesday.

"The new system can contribute to the maintenance of better health and quality of life -- even for a busy person -- without too much strain," Machi Suga, a member of the team from St. Marianna University, told the newspaper. "We hope to cooperate with local health centers and key hospitals in each area in the future."

Under the system, patients will develop goals of improvement in consultation with their doctors. A treatment program based on exercise, diet and other factors will be implemented, along with a weight-control plan.

The patient will receive an e-mail message each week asking if goals have been met. After replying, the patient will automatically receive advice, such as: "You are eating too many fried foods. Try boiled or broiled food, or sashimi, to reduce calories."

The e-mail consultation service will be free of charge.

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Citation: E-mail program to help Japan's diabetics (2005, September 6) retrieved 27 April 2024 from <https://phys.org/news/2005-09-e-mail-japan-diabetics.html>

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