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CONTACT: Ellen Badger
202-687-8865
eb293@georgetown.edu

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Georgetown Diabetes Research Helps its Campus Community First

*GEORGETOWN UNIVERSITY OFFERS DIABETES MANAGEMENT SOFTWARE
DEVELOPED BY ITS MEDICAL RESEARCHERS TO EMPLOYEES & FAMILY MEMBERS*

Washington, D.C. - While a cure for diabetes remains somewhere on the scientific horizon, researchers at [Georgetown University Medical Center](#) have developed a technology for patients that puts better management of the disease within reach. And the university wants to ensure that its own employees are able to take advantage of this health advance, called MCT-Diabetes. Developed by MyCareTeam, a company started in part by GUMC researchers in 2005, MCT-Diabetes is diabetes management software that offers diabetics more convenience and personalization in their treatment therapy.

"We are delighted to be the first university in the country to offer our community the opportunity to improve their diabetes health using the MCT-Diabetes software," says **Charles DeSantis**, associate vice president and chief benefits officer at [Georgetown University](#). "This product connects with Georgetown's mission of providing our faculty and staff with access to the best tools to improve their health and ultimately reduce overall health costs for everyone."

MCT-Diabetes offers diabetics a unique way to monitor and share electronically their blood glucose levels with anyone they designate, such as doctors or relatives. MCT-Diabetes also allows diabetics to keep track of medications, log blood pressure, track lab results, and build and maintain an exercise log, all of which can be shared with their physicians from their home or office computer. The software is being offered to Georgetown employees through its wellness initiative, [GUWellness: Mind, Body, Soul](#).

The idea for the telemedicine software first blossomed in the late 1990s when **Betty Levine**, M.S., Division Head of eHealth and Telemedicine, [Imaging Science and Information Systems](#) (ISIS) at GUMC, began working with colleague **Dr. Stephen Clement**, who treats diabetic patients at [Georgetown University Hospital](#) and is an associate professor in the [Department of Endocrinology and Metabolism](#). The pair joined forces to develop a technology that would improve diabetes management. Within six months, their first pilot study was underway, and five years of research now shows that moderate and heavy users of the MCT-Diabetes software experienced significant 6-month hemoglobin A1C reductions of 3.15 percentage points.

23.6 million Americans are living with diabetes, and another 57 million have pre-diabetes, according to the [American Diabetes Association](#). **Rachel Bridges**, spokesperson for GUWellness, estimates that diabetes, along with obesity, stress, and other common health conditions, is probably one of the top 5 health issues facing employees and their families.

"It's been great working with Georgetown these last several years to bring MCT-Diabetes to the commercial marketplace and beyond", said **Jim Mingle**, CEO of MyCareTeam. "We are especially excited that Georgetown employees and families can now reap the improved diabetes health benefits of using MCT-Diabetes through Georgetown's Wellness Initiative."

Although Georgetown is the first to offer this benefit for free to its employees, other health-related non-profit organizations have incorporated the MCT-Diabetes software into their communities. The Whitehead Institute at MIT recently began offering MCT-Diabetes to its

employees, and the Barton Center for Diabetes Education offers the software to its campers at their diabetes camps in Massachusetts, Barton Camp and Camp Joslin.

About Georgetown University Medical Center

Georgetown University Medical Center is an internationally recognized academic medical center with a three-part mission of research, teaching and patient care (through our partnership with MedStar Health). Our mission is carried out with a strong emphasis on public service and a dedication to the Catholic, Jesuit principle of cura personalis -- or "care of the whole person." The Medical Center includes the School of Medicine and the School of Nursing and Health Studies, both nationally ranked, the world-renowned Lombardi Comprehensive Cancer Center and the Biomedical Graduate Research Organization (BGRO), home to 60 percent of the university's sponsored research funding.