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**Dr. Steven Edelman, M.D., a Nationally Recognized Diabetes Specialist with Type 1 Diabetes and Founder of Taking Control of Your Diabetes (TCOYD), to Provide Educational Articles on Diabetes to MyCareTeam's Website Community**

*News articles will inform, motivate and empower people with diabetes to take control of their disease*

**Acton, MA. – November 12, 2008** – MyCareTeam, Inc., a leading vendor of Internet-based diabetes management software MCT-Diabetes, has announced that nationally-recognized diabetes specialist Dr. Steven Edelman will contribute his diabetes insight and guidance in a regularly scheduled online column to the MyCareTeam diabetes community.

"I am delighted to be able to share some thoughts with the MyCareTeam diabetes community through quarterly articles," said Dr. Steven Edelman, "MCT-Diabetes is a perfect example of a software tool that addresses what we believe is paramount at TCOYD – taking control of diabetes."

Dr. Edelman is Founder and Director of Taking Control of Your Diabetes, a not-for-profit diabetes education organization dedicated to informing and empowering people with diabetes to take an active role in their condition. The organization serves people with diabetes, their loved ones and those at risk for diabetes through a national series of educational conferences, local programs, an educational television series, as well as printed and online publications and materials. He has written 2 books and more than 100 publications, including articles and abstracts that have been published in such journals as American Journal of Physiology, Diabetes, and Journal of Clinical Endocrinology and Metabolism. Dr. Edelman is also Professor of Medicine in the Division of Endocrinology and Metabolism at the University of California, San Diego. In addition, Dr. Edelman is Director of the Diabetes Care Clinic at the Veterans Affairs Medical Center in San Diego.

"We are very pleased to have Dr. Edelman contributing his diabetes experience and knowledge to our users," said Jim Mingle, CEO of MyCareTeam, Inc. "Equipped with our software product, MCT-Diabetes, and the available knowledge base provided by Dr. Edelman and other diabetes specialists, our users are in the best position to maintain tight control over their diabetes."

MCT-Diabetes is a tool that allows individuals with diabetes and their care providers to collaborate and monitor glucose levels across the Internet. The product facilitates collaboration, which improves the long-term management of diabetes. The intuitive, easy-to-use service allows users to decide who (care providers, medical staff, family members, and friends) can have access to their data and with whom they communicate. Users who do not wish to share access with care providers can print reports and graphs and take them to appointments for review.



MyCareTeam recently announced new features to its diabetes monitoring software, MCT-Diabetes. In addition to tracking glucose readings, MCT-Diabetes now allows the user to track and store meals in a “Meal Log”, build an “Insulin Log”, “Exercise Log”, and use “TotalView”, a state-of-the-art charting tool. MCT-Diabetes accepts nutrition information from meals consumed (carbohydrates, fats, protein, and fiber) and insulin administered via manual data entry or automatic upload.

The new charting component, TotalView, allows users and medical staff to easily navigate through the data, and visualizes the impact of carbohydrates, insulin, and medication on blood glucose levels. In essence, it is a dashboard to all of the important information needed to control diabetes. It enables the user to easily chart blood glucose readings, medications, meals, exercise and insulin usage giving an overall picture of how each item affects blood glucose readings.

MCT-Diabetes is available directly from MyCareTeam on a monthly or annual subscription membership basis. Visit the company’s website at [www.mycareteam.com](http://www.mycareteam.com) for more information.

### **About MyCareTeam, Inc.**

MyCareTeam, Inc. was founded to provide software offerings that are designed to help people with diabetes to collaborate and manage their illness while reducing overall healthcare costs. The company's diabetes offering, MCT-Diabetes, has been successfully used for over five years by patients, doctors and nurses to dramatically improve the health and wellness in people with diabetes and reduce overall healthcare costs. MyCareTeam is headquartered in Acton, Massachusetts and the company’s website is [www.mycareteam.com](http://www.mycareteam.com).

### **About Taking Control of Your Diabetes, 501(c)3**

TCOYD is a not for profit organization dedicated to informing and empowering people with diabetes to become actively involved in their own health care. We do this through live national conferences, local events, publications, online resources and our educational television series. Steven V. Edelman, MD, founder and director of Taking Control of Your Diabetes (TCOYD), was diagnosed with Type 1 diabetes at the age of 15. Dr. Edelman is an internationally recognized leader in diabetes treatment, research and education.

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