

Diabetes

INFORMATION GUIDE



The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at www.umcvc.org/mwrc

Brochures, Fact sheets

- National Diabetes Education Program
 - **4 Steps to Manage Your Diabetes for Life**
 - **Take Care of Your Feet for a Lifetime**
 - **Taking Care of Your Diabetes Means Taking Care of Your Heart**

Also available online, in English and Spanish, along with other publications at:

<http://ndep.nih.gov/publications/index.aspx>

- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
 - **Prevent Diabetes Problems: Keep Your Heart and Blood Vessels Healthy**
 - **What I Need to Know about Eating & Diabetes**
 - **Your Guide to Diabetes: Type 1 and Type 2**

Also available online at: <http://diabetes.niddk.nih.gov/>

Other relevant publications are also available in English and Spanish.

- University of Michigan Comprehensive Diabetes Center
 - **Diabetes 101**

Also available online at:

<http://www.med.umich.edu/pdf/Diabetes-101-Taking-Charge.pdf>

Books

- American Diabetes Association. **American Diabetes Association Complete Guide to Diabetes**. 5th ed. Alexandria, VA: American Diabetes Association, 2011.
- American Diabetes Association. **The Diabetes Comfort Food Cookbook: Foods to Fill you Up, Not Out!**. Alexandria, VA: American Diabetes Association, 2011.

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- American Diabetes Association. **The Family Classics Diabetes Cookbook: Over 140 Favorite Recipes from the Pages of Diabetes Forecast Magazine.** Alexandria, VA: American Diabetes Association, 2012.
- American Diabetes Association. **Month of Meals: Diabetes Meal Planner.** Alexandria, VA: American Diabetes Association, 2010.
- American Diabetes Association. **Diabetes and Heart Healthy Cookbook.** Alexandria, VA: American Diabetes Association, 2014.
- Bergenstal, Richard. **Betty Crocker Diabetes Cookbook: Great-tasting, Easy Recipes for Every Day.** Hoboken, NJ: John Wiley & Sons, 2012.
- Bryer-Ash, Michael. **100 Questions & Answers about Diabetes.** Sudbury, MA: Jones and Bartlett Publishers, 2010.
- Crowe, Lynn. **The Diabetes Manifesto: Take Charge of Your Life.** New York: Demos Health, 2011.
- Diabetic Living. **Diabetes Meals by the Plate: 90 Low-Carb Meals to Mix & Match.** New York, NY: Houghton Mifflin Harcourt, 2014.
- Diabetic Living. **Diabetic Slow Cooker: 151 Cozy, Comforting Recipes.** Hoboken, NJ: John Wiley & Sons, 2012.
- Good, Phyllis Pellman. **Fix-it and Forget-it Diabetic Cookbook: 550 Slow Cooker Favorites – to Include Everyone.** Intercourse, PA: Good Books, 2013.
- Hughes, Nancy. **15-Minute Diabetic Meals.** Alexandria, VA.: American Diabetes Association, 2010.
- Levin, M. E., & Pfeifer, M. A. **The Uncomplicated Guide to Diabetes Complications** (3rd ed.). Alexandria, VA: American Diabetes Association, 2009.
- Rubin, Alan L. **Diabetes for Dummies.** Hoboken, NJ: John Wiley, 2012.
- Stack, Jennifer, The Culinary Institute of America. **The Diabetes-Friendly Kitchen.** Hoboken, NJ: John Wiley and Sons, 2012.

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Audiovisual Resources

- American Association of Diabetes Educators. **Living With Diabetes**. 2011. 84 minutes.
- National Diabetes Education Program Videos
 - **Diabetes Travel Tips Video**
 - **Healthy Eating with Diabetes Video**
 - **Living with Diabetes: Finding the Support You Need Video**Access these video titles as well as others at:
<https://www.youtube.com/user/ndepgov/videos>
- National Institute of Health Senior Health. **Know Your Diabetes ABCs**. Access online at:
http://nihseniorhealth.gov/diabetes/selfmonitoring/video/db2_na_intro.html

Web Resources

- **American Diabetes Association**
<http://www.diabetes.org>
This site offers specific sections for recently diagnosed, diet and nutrition, diabetes prevention, treatment and research.
- **Michigan Comprehensive Diabetes Center**
<http://www.med.umich.edu/diabetes/patients/>
The University of Michigan Diabetes Center site has comprehensive information about medical and social issues related to diabetes including a diabetes dictionary, personal stories, nutrition and physical activities and test.
- **National Diabetes Education Program (NDEP)**
<http://ndep.nih.gov/>
This site includes diabetes education in several languages, and an online catalog that links to many publications about all aspects of diabetes.
- **National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**
<http://www.niddk.nih.gov/>
This site includes health information on Diabetes and Digestive and Kidney Diseases.

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University of Michigan Resources

- **University of Michigan Comprehensive Diabetes Center**

<http://www.uofmhealth.org/medical-services/diabetes>

This comprehensive clinic allows patients with diabetes, diabetes complications and other hormone-related issues to receive state-of-the-art care and the option of participating in local and national diabetes research studies.

- **University of Michigan Diabetes Education Classes**

<http://www.uofmhealth.org/medical-services/diabetes-classes>

The University of Michigan has excellent diabetes education classes to teach adult, pediatric and adolescent patients how to care for and manage their disease. Classes are offered for all types of diabetes and cover topics such as nutrition, exercise, preventing sugar lows and highs, complications and other vital information.

University of Michigan Diabetes Support Groups

<http://www.uofmhealth.org/medical-services/diabetes-support-groups>

Free support groups are available for adults and seniors living with type 1 and type 2 diabetes, as well as those who deal with complications from diabetes. The groups are led by the Diabetes Education Program staff and other affiliated U-M Health System staff, such as certified diabetes educator nurses and dietitians.

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://hr.umich.edu/mhealthy/programs/tobacco/> or call (734) 998-6222 or email quitsmoking@med.umich.edu

Patient Support Organizations

- American Diabetes Association

<http://www.diabetes.org>

1-800-342-2383

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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Document #090/ Compiled
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