

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 located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

Brochures, Fact sheets

- Michigan Medicine
 - **Diabetes 101: Taking Charge**
<http://www.med.umich.edu/pdf/Diabetes-101-Taking-Charge.pdf>
 - **Diabetes: High Blood Sugar**
<http://www.med.umich.edu/1libr/MEND/Diabetes-Hyperglycemia.pdf>
 - **Diabetes: Insulin - The Basics**
<http://www.med.umich.edu/1libr/MEND/Diabetes-Insulinbasics.pdf>
 - **Diabetes: Low Blood Sugar**
<http://www.med.umich.edu/1libr/MEND/Diabetes-Hypoglycemia.pdf>
 - **Diabetes: Understanding the Basics**
<http://www.med.umich.edu/1libr/MEND/Diabetes-Basics.pdf>
 - **How Does Diabetes Effect the Feet**
<http://www.med.umich.edu/1libr/MEND/Podiatry/HowDiabetesEffectFeet.pdf>
 - **Foot Care for Diabetics**
<http://www.med.umich.edu/1libr/MEND/Podiatry/FootCareForDiabetics.pdf>

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- National Kidney Disease Education Program
 - **4 Steps to Manage Your Diabetes for Life**
https://www.niddk.nih.gov/health-information/professionals/-/media/Files/Health-Information/Communication-Programs/NDEP/health-care-professionals/NDEP-67_508.pdf
 - **Choose More than 50 Ways to Prevent Type 2 Diabetes**
https://www.niddk.nih.gov/-/media/Files/Diabetes/NDEP-71_508.pdf?la=en
 - **Know Your Blood Sugar Numbers**
https://www.niddk.nih.gov/-/media/Files/Diabetes/NDEP-10-Know-Your-Blood-Sugar-Numbers_508.pdf?la=en
 - **Take Care of Your Feet for a Lifetime**
<http://www.niddk.nih.gov/health-information/health-topics/Diabetes/take-care-feet/Pages/publicationdetail.aspx>
 - **Taking Care of Your Diabetes Means Taking Care of Your Heart**
https://www.niddk.nih.gov/-/media/Files/Diabetes/NDEP52EN_TakeCareHeart_4c_508.pdf?la=en
- United States Department of Agriculture
 - **Food Safety for People with Diabetes**
<https://www.fda.gov/downloads/Food/FoodborneIllnessContaminants/UCM312796.pdf>

Books

- American Diabetes Association. **American Diabetes Association Complete Guide to Diabetes**. 5th ed. Alexandria, VA: American Diabetes Association, 2011.

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- American Diabetes Association. **American Diabetes Association Vegetarian Cookbook.** Alexandria, VA: American Diabetes Association, 2013.
- American Diabetes Association. **The Complete Month of Meals Collection: Hundreds of Diabetes-Friendly Recipes.** Alexandria, VA: American Diabetes Association, 2017.
- American Diabetes Association. **The Diabetes Comfort Food Cookbook: Foods to Fill you Up, Not Out!** Alexandria, VA: American Diabetes Association, 2011.
- 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. **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.

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- 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.
- Verdi, Cassandra L. **Diabetes Superfoods Cookbook and Meal Planner.** Alexandria, VA: American Diabetes Association, 2019.
- Warshaw, Hope S. **Diabetes Meal Planning Made Easy.** Alexandria, VA: American Diabetes Association, 5th Edition, 2016.

Audiovisual Resources

- American College of Physicians
 - **How to Examine Your Feet (for people with diabetes)**
<https://www.youtube.com/watch?v=qXUcqVnqnYM&feature=share&list=UUZ3SSRxKDE9vI7FRfhrKk2Q>
Easy-to-follow information about how to examine your feet, for people with diabetes.
- **Centers for Disease Control (CDC): Diabetes Videos**
<https://www.cdc.gov/diabetestv/index.html>
19 videos available on prediabetes, risk factors, managing diabetes, preventing or delaying type 2 diabetes, and more.

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- 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>

Web Resources

- **American Association of Diabetes Educators: Tools and Resources for People Living with Diabetes**
<https://www.diabeteseducator.org/living-with-diabetes>
This site has resources to help making living with Diabetes more manageable.
- **American Diabetes Association**
<http://www.diabetes.org>
This site offers specific sections for recently diagnosed, diet and nutrition, diabetes prevention, treatment and research.
- **Centers for Disease Control (CDC): Diabetes**
<https://www.cdc.gov/diabetes/home/index.html>
Provides information on diabetes including videos, data and programs.
- **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): Diabetes**
<https://www.niddk.nih.gov/health-information/diabetes>
This site includes health information on Diabetes and Digestive and Kidney Diseases.

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- **Nutrition.gov: Diabetes**
<https://www.nutrition.gov/subject/nutrition-and-health-issues/diabetes>
Includes information on diabetes nutrition and health issues.

Michigan Medicine Resources

- **Michigan Medicine Division of Metabolism, Endocrinology & Diabetes (MEND)**
<https://www.uofmhealth.org/conditions-treatments/endocrinology-diabetes-and-metabolism>

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

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Apps

- **Diabetes: Glucose Buddy by Azumio Inc.**
 - Cost: Free
 - Features: Diabetes management. Tracks glucose readings you enter four times a day, plus food consumed, exercise, medication. Can set alarms to remind you to take glucose readings. You can write notes to explain unusual circumstances, such as high-carbohydrate meals. Data can be uploaded to glucosebuddy.com for more detailed analysis.
 - Available for iTunes and Android
- **OnTrack Diabetes**
 - Cost: Free
 - Features: This helpful app tracks your blood sugar, food intake, medication, blood pressure, pulse, activity, and weight. You can customize categories like medicine and exercise type, and export your data in several formats.
 - Available for Android

Patient Support Organizations

- **American Diabetes Association**
<http://www.diabetes.org>
1-800-342-2383

Disclaimer: This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine 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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