

Diabetes



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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 Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures, Fact sheets

- National Diabetes Education Program.
 - **4 Steps to Control Your Diabetes for Life.**
 - **The Power to Control Diabetes is in Your Hands.**
 - **Take care of Your Feet for a Lifetime.**

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

Available in a print format in English and Spanish at:
<http://ndep.nih.gov/> (click on Publications Catalog)

Available in print format in English and Spanish at:
<http://diabetes.niddk.nih.gov/> (Click on "Easy-to-Read Publications" on the left sidebar). Other relevant publications are also available in English and Spanish.

Books

- American Diabetes Association. *American Diabetes Association Complete Guide to Diabetes*. 4th ed. Alexandria, VA: American Diabetes Association, 2005.

- American Heart Association, American Diabetes Association. *Diabetes & Heart Healthy Cookbook*. Alexandria, Va: American Diabetes Association, 2004.
- Colberg S. *The 7 Step Diabetes Fitness Plan: Living Well and being Fit with Diabetes, no Matter Your Weight*. New York: Marlowe & Co, 2006.
- Gregg, Jennifer. Callaghan, Glenn M. Hayes, Steven C. *Diabetes Lifestyle Book : Facing Your Fears and Making Changes for a Long and Healthy Life*. Oakland, CA: New Harbinger Publications, 2007.
- Jarvis S. *Diabetes for Dummies*. 2nd ed. Chichester: Wiley, 2007.
- Kanzer-Lewis G. *10 Steps to Better Living with Diabetes*. Alexandria: American Diabetes Association, 2007.
- Perrin R. *Living with Diabetes : Everything You Need to Know to Safeguard Your Health and Take Control of Your Life*. New York, NY: Sterling Pub. Co., 2007.
- Colberg, Sheri ; Edleman, Steven V. *50 Secrets of the Longest Living People with Diabetes*. New York: Marlowe & Co., 2007.

Audiovisual Resources

- **Diabetes – Introduction**
- **Diabetes – Meal Planning**
- **Diabetes – Foot Care**
- **Diabetes – Eye Complications**
Interactive tutorials on MedlinePlus.gov
Access at: <http://www.medlineplus.gov>
Click on the link to Interactive Tutorials and select from the list under the heading: "Diseases and Conditions"
Slide shows with voice over and graphics explain diabetes, it's treatment and complications.

Web Resources

- **American Diabetes Association**
Access at: <http://www.diabetes.org>
This site offers specific sections for recently diagnosed, diet and nutrition, diabetes prevention, treatment and research.
- **National Diabetes Education Program**
Access at: <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 Diabetes Information Clearinghouse (NDIC)**
 Access at: www. <http://diabetes.niddk.nih.gov/>
 This site provides a central access point to information about diabetes treatment and management and list of resources and organizations.
- **Michigan Comprehensive Diabetes Center**
 Access at: <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.
- **Recipe and Meal Planning Guide**
 Access at: <http://ndep.nih.gov/diabetes/MealPlanner/>
 Detailed information about creating a healthy meal plan for people with Diabetes. In English and Spanish.
- **UpToDate. Patient information overviews.**
 Access at: <http://www.patients.uptodate.com> and click on the link to "Diabetes"
 This section has detailed, comprehensive overviews about different diabetes topics such as the diabetic foot, glucose monitoring and insulin. They are based on a professional literature reviews written for physicians. The overviews include some medical terminology. They are suitable for readers seeking to gain in-depth understanding of diabetes.

University of Michigan Resources

- **Michigan Comprehensive Diabetes Center - Diabetic Education Classes & Support**
 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. For more information access <http://www.med.umich.edu/diabetes/patients/classes.htm>
- **Tobacco Consultation Service**
 Group and individual quit-smoking programs.
 For more information access: <http://www.med.umich.edu/mfit/tobacco/> or call 734.936.5988

Patient Support Organizations

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

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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