

LIFELINE

YOUR CONNECTION TO CURRENT MEDICAL
RESOURCES

Diabetes

VOLUME 21

FALL 2012



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A PUBLICATION OF THE HEALTH
CONCERNS COMMITTEE

AN AD HOC COMMITTEE OF RASD,
A DIVISION OF SCLA

INTRODUCTION

This bibliography on Diabetes, compiled by the Health Concerns Committee of the Reference and Adult Services Division of the Suffolk County Library Association, is designed to act as a reference tool and a collection development guide. It presents an annotated, selective list of items in this subject area suitable for purchase by public and academic libraries. Most of the materials have publication dates within the past three years. All titles were selected by the committee. An attempt was made to cover all types of materials, including periodicals, adult, children and young adult books, databases, films, organizations, Internet sites, and hotlines.

The Health Concerns Committee was formed in January 1989. Its purpose is to explore and exchange information about health-related resources on topics of interest to public, school, academic, and special library patrons. Its objectives are to produce an annual bibliography and arrange an annual program as part of the RASD workshops. All librarians in Suffolk County are encouraged to join the committee.

Rona Dressler
Health Concerns Committee

Books

Ali, Naheed. *Diabetes and You: A Comprehensive, Holistic Approach*. Lanham, MD: Rowman & Littlefield, 2012. 9781442207295. 241p. \$16.95.

A guide to diabetes: its causes, treatments, complications, psychological issues, and management from a holistic viewpoint. The book is divided into four parts. Part 1 explains the disease and the Types of diabetes. Part 2 looks at the causes, symptoms and treatment of diabetes. Part 3 discusses other manifestations of the disease such as heart health and mental health. Part 4 offers pain management suggestions and diet. Written for both the patient and his/her family, the text leans more towards the professional than the average reader. Also included are a glossary, a comprehensive listing of resources, a chapter-by-chapter listing of references from scholarly/professional journals, and an index.

American Diabetes Association Complete Guide To Diabetes. 5th edition. Alexandria, VA: American Diabetes Association, 2011. 9781580403306. 499p. \$22.95.

This updated edition by the Diabetes Association experts, offers the most up-to-date information preventing complications from the disease, managing blood glucose levels, handling emergencies, using a meter, insulin pumps, nutrition, exercise, sexuality, coping, family life, travel, and pregnancy. This is a complete text from a trusted source, the American Diabetes Association. Included are facts about the disease and glucose levels and the three Types of diabetes. Next, the book describes the ways to manage diabetes by keeping blood glucose levels in range, eating a healthy diet, exercising, and taking oral medication or insulin. Complications of diabetes are discussed, including those for men only, women only, and both sexes. Then the reader learns how to work with his/her health care team and the health care system, i.e. medical insurance. Finally, the effects of diabetes on family life and individual emotions are discussed. An additional section of resources, including sample forms and a listing of organizations dealing with diabetes and related issues are given. Some illustrations and charts are provided; text layout lends itself to easy browsing. Fully indexed; written for a general audience.

Barrier, Phyllis. *Type 2 Diabetes for Beginners*. 2nd edition. Alexandria, VA: American Diabetes Association, 2011. 9781580404426. 210p. \$16.95.

Phyllis Barrier is a nutritionist and experienced clinician who has worked with diabetes patients and their families for many years. This book is written in a clear and realistic manner guiding Type 2 diabetes patients by providing information, then goes further to show that managing the disease also requires energy, optimism, and engagement to successfully create healthy lifestyle changes. An updated edition of an introductory guide to diabetes Type 2 and pre-diabetes, this book covers the basics: disease definition, nutrition, checking blood glucose, exercise, medication and weight loss. It also covers other issues for diabetics: depression, stress, smoking, sexual activity and drinking alcohol. Long term health problems that can result from diabetes are reviewed too. Sample charts, a list of resources and an index are provided; written for a general audience.

Bellenir, Karen, ed. *Diabetes Information for Teens: Health Tips about Managing Diabetes and Preventing Related Complications, Including Facts about Insulin, Glucose Control, Healthy Eating, Physical Activity, and Learning to Live with Diabetes*. 2nd edition. Detroit, MI: Omnigraphics, Inc., 2011. 9780780812185. 397p. \$69.00.

Part of the *Teen Health Series*, this is a well-organized and readable reference source for diabetic teens and their families. The book is divided into six sections: 1. Understanding Diabetes; 2. Medical Management; 3. Nutrition, Physical Anxiety, and Weight Management; 4. Mental Health and Lifestyle Issues; 5. Physical Complications; and 6. More Information. Chapters within each section are organized with headings and summary points. Also included is a listing of diabetes-friendly recipe online websites and in-print cookbooks; an in-depth index is provided.

Bernstein, Richard K. *Dr. Bernstein's Diabetes Solution: The Complete Guide to Achieving Normal Blood Sugars*. 4th edition. New York: Little, Brown and Co., 2011. 9780316182690. 534p. \$29.99.

Dr. Richard Bernstein was diagnosed with diabetes at age 12. He has developed a program for diabetic blood sugar normalization based on blood sugar metering and a low-carb diet. Some of what he recommends is in direct opposition to the recommendations of the American Diabetes Association such as the avoidance of certain oral agents that impair insulin-producing beta cells. This newly revised edition contains updated information on new products, Types of insulin, medications and supplements. It also includes the basics of diabetes, use of medical tests to measure the baseline, measuring blood sugar, diet guidelines, exercise recommendations, insulin regimens, and more. This book is written for general readers and explains medical concepts related to diabetes, obesity, weight control, and insulin resistance. It offers a detailed treatment plan for people with Type 1 and Type 2 diabetes. A collection of low-carbohydrate recipes is given; there are several appendices, a glossary and an in-depth index; written for a general audience.

Brill, Marlene Targ. *Diabetes. USA Today Health Reports: Diseases and Disorders*. Minneapolis, MN: Lerner Publishing Group, Inc., 2011. 9780761360858. 128p. \$34.00.

From the *Diseases and Disorders* series, this factual primer is written for young adults but also is a good information source for adults. It defines and describes the different Types of diabetes, Type 1, Type 2 and gestational, as well as pre-diabetes. Causes, symptoms and testing methods are discussed and methods of controlling diabetes including those of diet (carb counting, food exchanges), exercise, and monitoring blood glucose are presented. The importance of controlled diabetes continues with oral medication and insulin when needed; the dangers of uncontrolled diabetes are presented with case studies of these incidences. Everyday life with the disease is described; the book concludes with a history of diabetes treatment and hopes for future improved treatment and/or a cure. A glossary, resource list of associations, selected bibliography, list of recommended websites, and index are included.

Burant, Charles, F. MD, PhD. and Young, Laura A. MD, PhD. *Medical Management of Type 2 Diabetes*. 7th edition. Alexandria, VA: American Diabetes Association, Inc., 2012. 9781580404570. 172p. \$49.95.

This edition focuses on the latest information about Type 2 diabetes; its complications and available options for treatment. Edited by Burant and Young, the book is a collection of work by select experts in the field and also reflects the best clinical practices recommended by the

American Diabetes Association. The chapter on pathogenesis describes genetic and environmental factors that lead to Type 2 diabetes diagnoses, which is the most common Type. Designed for professional caregivers, each chapter ends with recommendations for treatment including medication, glucose monitoring, diet and exercise. There is also a chapter devoted to special therapeutic situations, such as diabetes during pregnancy and diabetes in young people and those hospitalized or critically ill. Additionally, there is a chapter devoted to the detection and treatment of chronic complications like loss of vision, renal failure, amputations, heart attacks and stroke. The final chapter discusses strategies for behavior changes and offers advice to help patients become better able to care for themselves with the help of a healthcare team. Includes bibliographical references and index.

Colbert, Don. *Reversing Diabetes*. Lake Mary, FL: Siloam, 2012. 9781616385989. 260p. \$16.99.

Dr. Colbert shows that diabetes can be treated through safe, natural methods, like healthy food and vitamins rather than strictly relying on prescription drugs. He shows the readers how to manage their weight and glucose intake with a whole-body approach, using nutritional supplements along with dietary and lifestyle changes to lose weight, repair cell damage, improve insulin function, and reduce the side effects from prescription drugs, many of which rob nutrients from the body and cause additional symptoms.

Colvin, Rod. *The Type 2 Diabetes Handbook: Six Rules For Staying Healthy With Type 2 Diabetes*. Omaha, NE: Addicus Books, 2011. 9781886039643. 118p. \$19.99.

This book begins by briefly explaining the causes of non-insulin-dependent diabetes, the usual symptoms, and methods of diagnosis. It then goes on to present general rules, such as regular exercise, eating right, and monitoring glucose levels. Rod Colvin, a health writer and editor, was assisted in writing this book by Dr. Lane, medical director of the Nebraska Diabetes Center. This book includes an appendix with meal plans, a helpful glossary, and a list of associations and foundations that could provide more in-depth information.

Crowe, Lynn. *The Diabetes Manifesto: Take Charge of Your Life*. New York: Demos Health, 2011. 9781932603941. 266p. \$18.95.

The Diabetes Manifesto contains crucial information for people living with diabetes and practical examples that demonstrate how this information can be most effectively used. A roadmap for patients, it provides encouragement, education, and inspiration with concrete examples, illustrative quotes, exercises, and references. More than a guide to coping, it is also a call to self-help, self-reliance, and political action. The book covers such diverse topics as how to create a personal mission statement, how to learn more about medications, how to determine what one wants in a doctor, and the importance of celebrating successes. It also addresses the misguided blame surrounding diabetes, diabetic complications (and how to handle them), and ways to join the fight. Though diabetes is incurable, *The Diabetes Manifesto* aims to help people feel in control of their lives, regardless of the circumstances. It empowers readers by teaching them how to live productively and direct the role diabetes plays in their lives. This is an excellent overview of diabetes knowledge, coupled with empowering tools for those living with it. A guide to life with the disease, encouraging readers not just to cope but to “proceed with confidence” by learning all the facts, dealing with diabetic complications, finding the right

doctor and getting a second opinion when necessary, and maintaining your own medical information file. Then they discuss the importance of cooperating with medical treatment by knowing your medicines, using online databases for information, and being aware of developing treatments; coping with your emotions; and sharing your diabetic experiences in everyday relationships, in support groups and in online groups. Indexed; written for a general audience.

Delgado, Jane L. *The Buena Salud Guide To Diabetes and Your Life*. New York: Newmarket Press, 2011. 9781557049414. 126p. \$9.95.

Written for a Hispanic audience, published simultaneously in Spanish and written by a clinical psychologist; this guide to diabetes first presents the basics, then offers a “10-Point Program for Health” to follow. Part two of the book follows with information about diagnostic tests, the endocrine system, insulin resistance and more. It concludes with sample health care charts, questions to discuss with one’s health care provider, diabetes information resources and an index. Part of the book contains real-life stories, and research about living with diabetes, covering prevention, how the endocrine and immune systems function, medication, and diet. This book is endorsed by the National Alliance for Hispanic Health. The author is the president of the National Alliance for Hispanic Health.

Diabetes Care For The Older Patient: A Practical Handbook. New York: Springer, 2012. 9780857294609. 175p. \$39.95.

This handbook, written by authorities in the field, addresses the issues surrounding the care of older diabetic patients, including dementia, frailty, depression and cardiovascular risk. Intended for day-to-day use in clinical practice, each chapter closes with a list of salient practical points in the clinical management of older patients with diabetes.

Diabetes Sourcebook. Detroit, MI: Omnigraphics, 2011. 9780780811492. 628p. \$95.00.

This text provides basic consumer health information about the diagnosis, treatment and management of Type 1 and Type 2 diabetes, along with facts about lifestyle issues and ways to prevent complications. The editor informs the reader about body processes relating to insulin resistance and diabetes, groups at risk for diabetes and its complications, Types of diabetes, diagnostic testing and disease management. Discussion of management includes emerging and alternative insulin delivery systems, new diabetes medications, alternative and complementary therapies and new research on prevention and care. Lifestyle issues covered include weight management. This book includes an index, a glossary of terms and recipes.

Diabetic Living Diabetes What to Eat: Your Complete Guide to Eating What You Love. Hoboken, NJ: John Wiley & Sons, 2011. 9781118006894. 366p. \$24.99.

A collection of recipes using everyday foods; an introductory chapter presents ways to control diet, including carb-counting basics, calorie counting, reading food labels, and shopping tips. Recipes are grouped into chapters by Types of meals, foods, and cooking methods. Each recipe includes precise serving size, nutrition facts per serving and exchanges. Each recipe is accompanied by a large color photo. A detailed index and metric information are provided. Written for a general audience.

Eichten, Chuck. *The Book of Better: Life with Diabetes Can't Be Perfect. Make It Better*. New York: Three Rivers Press, 2011. 9780307720689. 275p. \$15.00.

This is an inspirational book written by a Type 1 diabetes patient, with a preface by an endocrinologist from the Mayo Clinic. While the author is not a health professional he is able to offer the reader appropriate health information about coping with diabetes and its physical and psychological issues and combining it with his personal experiences in a humorous manner. He emphasizes the importance of coping with the disease by adjusting one's mindset towards it: making it better rather than taking total control. The book's innovative graphic design also contributes to an enjoyable reading experience. There are no appendices or index; written for a general audience.

Ezrin, Calvin. *The Type 2 Diabetes Diet Book*. 4th edition. Dubuque, IA: McGraw-Hill, 2011. 9780071745260. 247p. \$17.00.

A specific diet for Type 2 diabetes patients is scientifically designed to decrease insulin production and facilitate the conversion of stored fat into burnable energy. It includes recipes and meal plans that reflect current nutrition research, examination of the link between good sleep and weight loss and updated ADA recommendations.

Gassenheimer, Linda. *Fast and Flavorful: Great Diabetes Meals from Market to Table*. Alexandria, VA: American Diabetes Association, 2011. 9781580404440. 283p. \$18.95.

Recipes for 125 main dish meals are presented, grouped by chapter according to Type of protein: seafood, poultry, pork, beef, veal and lamb, and vegetarian. Some of the entrees are accompanied by dishes: a complete list of ingredients, directions, a shopping list, helpful hints, and nutrition and exchange information accompany each selection. An index is arranged by main ingredients; written for a general audience.

Green, Leslie C. and Kelly, Pat. *I have Diabetes. Now What?* New York, NY: The Rosen Publishing Group, Inc., 2012. 9781448846535. 168p. \$32.95.

Designed for teens, and part of the *Teen Life 411* series the authors Green and Kelly provide information about diabetes in a straightforward way that is easy to understand and reader friendly. The book begins with an introduction and history of the disease. Topics covered include causes, the different Types of the disease, and personal stories by teens that have the disease. Also discussed are treatments including diet, exercise and medications. There is a chapter devoted to the dangers of alcohol, smoking and drug usage that pose significant dangers to diabetic teens. Includes bibliographical references, glossary and index.

Hawthorne, Gillian, MBBCH. *Diabetes Care for the Older Patient: A Practical Handbook*. London, UK: Springer-Verlag London Limited, 2012. 9780857294609. 175p. \$39.95.

This slim volume is aimed at treating the older patient. It is a practical handbook that deals with many of the surrounding issues such as dementia, frailty, depression and cardiovascular disease that can plague an older diabetic patient. Each chapter ends with practical day-to-day recommendation in managing care for these individuals. Includes an index, bibliographical references, illustrations and tables.

Holford, Patrick. *Say No To Diabetes*. London: Piatkus, 2011. 9780749955892. 341p. \$22.95.

Patrick Holford, A British nutritionist, is one of the world's leading authorities on nutrition and mental health. He presents his plan to prevent and reverse diabetes using a low glycemic load diet and exercise (although he cautions diabetics not to stop medication without a doctor's consent). His book offers a complete action plan for sufferers of Type 1 diabetes, Type 2 diabetes and the forerunner of Type 2 diabetes, metabolic syndrome. In the book, Holford first explains what both Type-1 and Type-2 diabetes are and their causes and treatment. Next, he instructs the reader on what foods, supplements and lifestyle changes are necessary. The next section presents his action plan for the reader and the final section is a collection of recipes. This book also provides case histories. The author discusses the causes of diabetes and offers 10 secrets for preventing and reversing diabetes. He provides an anti-diabetes diet, a daily supplement program and advice on how to undo the damage caused by the disease. This program will help readers regulate blood sugar levels effectively with no dangerous side effects. There are several appendices: charts for calculating your body mass index and your training heart-rate zone; a GL (glycemic load) index of foods; a bibliography; and a list of resources, mostly British. In-depth index; written for a general audience.

Judd, Sandra J., ed. *Diabetes Sourcebook: Basic Consumer Health Information about Type 1 and Type 2 Diabetes, and other Types of Diabetes, and Pre-Diabetes, with Details about Medical, Dietary and Lifestyle Disease Management Issues, Including Blood Glucose Monitoring, Meal Planning, Weight Control, Oral Diabetes, Medications and Insulin; Along with Facts about the Most Common Complications of Diabetes and their Prevention, Current Research in Diabetes Care, Tips for People Following a Diabetic Diet, a Glossary of Related Terms, and a Directory of Resources for Further Help and Information*. Detroit, MI: Omnigraphics, 2011. 9780780811492. 628p. \$78.00.

This is one volume in the *Health Reference Series* produced by this publisher. It is a reference text with page layout set up with sections and subsections; bolded headings and the text using some outline style and some question/answer style make this a reader-friendly source. A comprehensive source of information; the section at the end describes current diabetes control and prevention studies, stem cell research, pancreatic islet transplantation and clinical trials. An in-depth index is provided; written for professional and general audiences.

Kaufman, Francine, R. MD. Medical Management of Type 1 Diabetes. 6th edition. Alexandria, VA: American Diabetes Association, Inc. 2012. 9781580404563. 266p. \$49.95.

This updated edition continues to focus on key areas including important trials and the latest ADA Standards of care. The first part discusses the criteria for diagnosis and distinguishing Type 1 diabetes from other forms. Also discussed is the importance of genetics that predisposes an individual to having Type 1 diabetes. The second part of this book deals with diabetes standards and education. Because it is a chronic disease, the best way to achieve glycemic control is for the patient to work with their diabetes management team that consists of endocrinologist, dietitian, social worker, mental health professional and pharmacist. Tools of therapy including insulin treatment, nutrition, monitoring and exercise are discussed at length. There is also a chapter devoted to special situations such diabetic ketoacidosis, a life threatening condition, hypoglycemia, pregnancy, and surgery. Another chapter covers the psychosocial factors affecting adherence, quality of life and well being. Finally, the last chapter is devoted to

complications including retinopathy, nephropathy, neuropathy, macrovascular disease, limited joint mobility and growth abnormalities in children. Includes bibliographical references and index.

Laliberte, Richard. *Stopping Diabetes In Its Tracks: The Definitive Take-Charge Guide*. White Plains, NY: Reader's Digest, 2011. 9781606522400. 288p. \$16.95.

This resource is updated with the latest medical research helping readers take control of their blood sugar to minimize the impact of diabetes on health and quality of life. The book begins with an explanation of what diabetes is, followed by its symptoms and the differences between Type 1, Type 2, gestational and pre-diabetes. Patients are advised on how to take control of diabetes by battling "diabetes burnout," what to do on sick days, how to choose a glucose monitor, simple weight-loss strategies, information on drugs and insulins. Information on ways to monitor and measure blood sugar levels are given; then the reader learns how nutrition, exercise, drugs and surgery can be used to control the disease. The complications of diabetes and its psychological impact also are reviewed, and future trends in treatment identified. It suggests that losing just 5% of your body weight along with exercise can cut the risk of developing diabetes by up to half. Following a high-fiber diet for just 6 weeks can make a remarkable difference. The book includes 40 low-fat, low-sugar recipes. Engaging page design, color photos and charts combined with easy-to-read text make this a worthwhile source. Finally, a sampling of appropriate recipes is presented. Indexed; written for a general audience.

May, Michelle, MD and Fletcher, Megrette, MEd, RD, CDE.. *Eat What You Love, Love What You Eat, With Diabetes: A Mindful Eating Program for Thriving With Prediabetes or Diabetes*. Oakland, CA: New Harbinger Publications, 2012. 9781608822454. 243p. \$17.95.

This guide helps readers with diabetes mindfully manage blood sugar levels, balance eating for enjoyment with eating for health, and to take charge of managing their diabetes. The principles in this book can help diabetes patients change the way they think about food from rigid nutrition rules and strict exercise regiments to habits for long term lifestyle changes. Dr. May, founder of Am I Hungry, teaches diabetics how to plan meals, manage medications and be more flexible in managing their condition. Authors May and Fletcher have put together an eating program that offers anyone who has been diagnosed with diabetes or prediabetes a way to manage the disease. This comprehensive book integrates mindful eating concepts, research, personal stories and more to help anyone who wishes to make sustainable lifestyle changes and enjoy healthy foods for optimal health. Includes bibliographical references, index, and illustrations.

The Mayo Clinic Diabetes Diet. Intercourse, PA: Good Books, 2011. 9781561487301. 270p. \$25.99.

The book is divided into three sections: 1. A 2-week program to begin weight loss safely; 2. A long-term diet plan to help you continue to lose weight slowly and safely, and then maintain your weight; 3. A compilation of diet information – meal plans, recipes, the food pyramid, eating out, burning calories, and more. Colorful graphics, photos and charts make for a positive reading experience. Indexed; written for a general audience.

McAuliffe, Bill. *Diabetes*. Mankat, MA: Creative Education, 2012. 9781608180745. 48p. \$19.95.

This brief book is designed for children and offers basic information about the disease. The author explains what diabetes is, how it was discovered and how to manage the disease once a diagnosis

is received. There is also a chapter regarding treatment of the disease and research to find a cure. Sidebars include statistical information about the disease and the names of some famous people who have the disease including Halle Berry, Mick Jonas, and Mary Tyler Moore. Includes index, bibliographical references and glossary.

Medical Management of Type 1 Diabetes. Alexandria, VA: American Diabetes Association, 2012. 9781580404563. 266p. \$49.95.

Type 1 diabetes, formerly known as juvenile diabetes, is a complex disorder that requires a great deal of patient-guided self care. This book is aimed at offering health care providers the newest information and guidelines for the treatment of this disease. It guides providers in helping their patients continually strive for optimal blood glucose control. The editor, Dr. Francine Kaufman, focuses on the latest molecular advances, new treatment methods, recent clinical trials and the American Diabetes Association's Standards of Care. Key topics also include new insulins and administration protocols, advanced carbohydrate counting, and emphasis on continuing patient education.

Medical Management of Type 2 Diabetes. Alexandria, VA: American Diabetes Association, 2012. 9781580404570. 172p. \$49.95.

As Type 2 diabetes continues its rise in prevalence worldwide, there is an increasing need to study it and describe successful treatments. There are several treatment options including oral medications, diet and lifestyle modification, and insulin therapy. Knowing which method to select and how to apply it relies on several clinical guidelines that are updated every year by the American Diabetes Association. This book provides health care providers with information about implementing care, understanding the progressive nature of Type 2 diabetes; cardiovascular, microvascular, and neurological complications; care methodologies for special situations; and behavior change. The latest developments in research, advances in medications, medical devices and new understandings of how to effectively work with diabetes patients are discussed.

Mercer, Amy. *The Smart Woman's Guide to Diabetes: Authentic Advice on Everything From Eating To Dating and Motherhood.* New York: Demos Health, 2012. 9781936303137. 237p. \$16.95.

Of the 17 million Americans who have diabetes, approximately 9.3 of that number are women. Diabetes is particularly difficult for women in large part due to the hormonal changes associated with the menstrual changes that affect blood sugar levels. As a consequence women with diabetes have higher rates of chest pain, heart attacks, coronary heart disease and stroke. This book provides practical insight and references for the optimal management of diabetes from women living with the disease as well as doctors, nurses, nutritionists, and educators.

Mertig, Rita G. *What Nurses Know...Diabetes.* New York: Demos Health, 2011. 9781932603989. 292p. \$16.95.

Mertig, an RN for 43 years, is a Type 1 diabetic who uses an insulin pump. In this book she draws from her experience to provide information to patients about managing the disease. The chapters are organized by common questions in which she offers a comprehensive presentation of the facts, including what diabetes is, controlling it with nutrition, exercise and medication, glucose monitoring, complications, diabetes in pregnancy, emotional

issues, and getting help from professional practitioners, family and friends. She also explains how to prevent chronic complications like hypertension and heart disease. She covers pregnancy issues and gestational diabetes, the effects of emotions on blood sugar and getting support. The book concludes with an in-depth glossary, compilation of resources and bibliographic references used, and an index; it is written for a general audience.

Milchovich, Sue K., RN and Barbara Dunn-Long, RD. *Diabetes Mellitus: A Practical Handbook*. 10th edition. Boulder, CO: Bull Publishing, 2011. 9781933503639. 220p. \$14.95.

This book has been in print for over twenty years and is regularly revised to keep the reader updated on medical developments. The authors present information on the basics of diabetes, hypoglycemia and hyperglycemia. They then discuss diet, including carb counting, food exchanges, reading food labels and eating out. Other topics include blood and urine tests to be done at home and at the doctor's office, use of oral medication and insulin, benefits of exercise, psychological issues, diabetes complications, and more. A chapter on organizations and resources, a bibliography and an index round out the book. Charts, illustrations and easy-to-read text make this a good source for a general audience.

Moore, Michael. *Blood Sugar: Inspiring Recipes for Anyone Facing the Challenge of Diabetes and Maintaining Good Health*. Australia: New Holland, 2011. 9781742571546. 240p. \$35.00.

Moore is an international professional chef who, already coping with diabetes, suffered a stroke. Upon recovery, to help himself and others keep "on track" with healthy eating while being able to enjoy good food, he developed a collection of nutritious recipes. They include foods that are on a lower level of the glycemic index (GI), have higher amounts of protein, low sugar, and a moderate amount of carbs. The recipes also incorporate lots of fresh fruits and vegetables. Large color photos accompany the recipes. Includes a brief index. Written for a general audience.

Nolan, Karen J. *The Diabetes Counter*. New York: Pocket Books/Simon & Schuster, 2011. 9781416566687. 676p. \$7.99.

This nutritional reference features more than 12,000 different food items, including brand name, generic, take-out, and restaurant foods. It also has complete counts for carbohydrates, calories, fiber, fat, and sugars. This easy-to-use guide, designed specifically for people with Type 2 diabetes, will teach patients how to count carbohydrates so they can control their blood sugar and stay healthy.

Petit, William A. *The Encyclopedia of Diabetes*. New York: Facts On File, 2011. 9780816079483. 436p. \$75.00.

According to the American Diabetes Association approximately 1.6 million new cases are diagnosed in adults each year in this country. Type 1 and Type 2 diabetes follow different courses of progression and require different Types of treatments. The occurrence of Type 2 diabetes linked to obesity and inactivity is on the rise. An introduction "A History of Diabetes" traces the treatment of the disease over the years. The 246 entries explain the causes of diabetes, how the disease affects the body, and how it impacts daily life. Following this is an A to Z compilation of articles on topics relating to diabetes; they range

in length from a few paragraphs to several pages. Some of the articles have brief bibliographies at the end. Two columns of text per page and large easy-to-read charts add to the book's straightforwardness. Several appendices are provided; including those of important organizations, diabetes periodicals, research centers, body mass index charts and more. A scholarly bibliography and complete index complete this source. Written for professional and general audiences.

Platt, Elizabeth, and Olshan, Jerrold S., MD and Waterman, Maryann, PNP, FNP, CDE. *100 Questions & Answers About Your Child's Type 1 Diabetes*. Burlington, MA: Jones & Bartlett Learning, LLC. 97807636784553. 238p. \$21.95.

Designed for caregivers of children diagnoses with Type 1 diabetes, this book answers 100 of the most common questions. It is a guide written by the mother of young boy who was just 18 months when diagnosed. Topics include managing Type 1 diabetes, insulin therapy; how to feed a child with diabetes, how does illness affect a child's blood sugar, daily life with diabetes and financial concerns. Each chapter includes sidebars with important definitions of medical terminology. Includes bibliographical references, glossary and index.

Reader's Digest Reverse Diabetes Forever: The Ultimate Guide to Controlling Your Blood Sugar. New York: Reader's Digest Association, 2011. 9781606524251. 319p. \$17.99.

An upbeat approach to staying healthy as a way to control diabetes. Reader's Digest recommends such beneficial habits as eating more of nutritious foods, being more physically active, and getting more sleep and relaxation. Examples of menus, illustrations/photos of exercises, and boxes and charts with information supplement the text; recipes for over forty dishes are given. A section of "healthy tools" offer sample logs, a chart of calories, carbohydrates and fiber for foods, and one of glycemic loads for foods. A recipe index and a subject index are given; written for a general audience.

Reed, James W., MD. *Living with Diabetes: A Guide for Patients and Parents*. Rev.edition. Indianapolis, IN: Hilton Publishing Company, 2011. 9780984144723. 190p. \$16.95.

The author, a physician, defines what diabetes is and discusses its Types and causes. He points out that while some risk factors are fixed (heredity, ethnicity and age); others are lifestyle-dependent (weight, diet and activity level). Other topics discussed in the book include diabetes and children, dealing with your emotions, diet and exercise information, dealing with common diabetic emergency situations, working with your health care providers, and medication, including insulin. The author's writing style is amiable and easy-to-understand; he provides several case studies that are scattered throughout the text. An appendix contains a selection of healthy recipes from the American Diabetes Association. Indexed; written for a general audience.

Roemer, Jean Betschart, MN. *Guide to Raising a Child with Diabetes*. 3rd edition. Alexandria, VA: American Diabetes Association, 2011. 9781580404358. 221p. \$18.95.

The book begins with an explanation of what diabetes is; its causes, symptoms, monitoring of blood glucose and treatment of the disease. Then, for Type I diabetics, the details of administering insulin, including insulin injections, insulin pens and pump use are presented.

Glucose monitoring and meal planning are discussed; other topics are playing sports, dealing with the physical and emotional issues of growing up and the effects of living with diabetes on your child and on other family members. A glossary and a listing of resources (organizations and books) and an in-depth index are given. Written for a general audience.

Sacks, David A., MD., ed. *Diabetes & Pregnancy: A Guide to a Healthy Pregnancy for Women Who Have Type I, Type II, or Gestational Diabetes*. Alexandria, VA: American Diabetes Association, 2011. 9781580404372. 131p. \$15.95.

This book addresses two different audiences; women who have been diagnosed with diabetes, or are at high risk for it, before they become pregnant and those women who are discovered to be diabetic during pregnancy. It recommends improving diet and exercise habits before pregnancy, discusses the special care needed during pregnancy and the complications that may develop, stresses the necessity of controlling blood glucose levels, discusses use of oral medication and insulin, sets guidelines for eating and exercising while pregnant, describes labor and delivery, and discusses after-delivery care for mother and baby. A glossary and an in-depth index are provided. Written for a general audience.

Scalpi, Gretchen, RD. *The Everything Guide to Managing and Reversing Pre-Diabetes: Your Complete Plan for Preventing the Onset of Diabetes*. Avon, MA: Adams Media, 2011. 9781440509858. 289p. \$15.95.

In the introduction the author, who is a registered dietitian, explains the differences between Type 1, Type 2 and gestational diabetes; then she discusses the epidemic of pre-diabetes. Diagnosis is obtained through a series of blood tests; an action plan to prevent diabetes Type 2 from developing includes loss of weight and exercise. A chapter on nutrition emphasizes balance and moderation of fats, cholesterol and carbs, and highlights the need to add fiber and whole grains to the diet. Tips on shopping wisely, reading food labels and dining out lead to sample menus and recipes for 200 dishes. Each recipe includes a nutritional analysis. Appendices include a 10-week plan to kick pre-diabetes and online resources. Indexed; for a general audience.

Scheiner, Gary, MS, CDE. *Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin*. Philadelphia: Perseus Books, 2011. 9780738215143. 306p. \$11.99.

A guide for those individuals managing their diabetes with insulin; the author is a certified diabetes instructor and insulin user. After telling the reader his personal story about life with diabetes, he discusses the benefits of maintaining blood sugar levels and the basics of the disease. He identifies the keys to control, which are self-management tools (insulin, insulin-delivery system and blood glucose monitoring system), self-management skills (data collection, carb counting and the ability to self-adjust insulin doses) and positive attitude traits. Scheiner then explains the differences between basal and bolus approaches to maintaining your insulin program. A chapter on resources for all things diabetes, indices on carb factors and glycemic index of common foods and a table on carbohydrate replacement for exercise and an index are provided for the reader; written for a general audience.

Sheehan, John. *Obesity and Type 2 Diabetes Mellitus*. Oxford: Oxford University Press, 2011.

9780199740215. 77p. \$26.50.

As part of the *Oxford American Endocrinology Library* series, this handbook reviews the epidemiology and pathophysiology of obesity and Type 2 diabetes mellitus. The content covers micro- and macrovascular diabetic complications, the array of glucose regulating therapies, treatment algorithms targeting the pathophysiologic defects of Type 2 diabetes mellitus as well as strategies for macrovascular risk reduction via therapeutic lifestyle change (diet, exercise, smoking cessation), pharmacotherapeutic treatment of dyslipidemia and hypertension, bariatric surgery and subcutaneous insulin infusion therapy, among other topics. Because of the concise yet comprehensive nature of the handbook, this volume is an excellent point-of-care reference for the clinician who regularly treats obese and diabetic patients.

Shelf Medearis, Angela. *The Kitchen Diva's Diabetic Cookbook*. Kansas City, MO: Andrews McMeel Publishing, LLC, 2012. 9781449402396. 272p. \$24.99.

This beautifully photographed book contains 150 healthy delicious recipes that address the dietary needs of prediabetics, juvenile diabetics, Type 1 and Type 2 diabetics, and women with gestational diabetes. The recipes are simple, budget friendly and designed to keep insulin levels in balance. Each recipe comes with a detailed nutritional and caloric analysis. The introduction discusses the importance of a well stocked pantry and includes a healthy kitchen guide. Includes index.

Snyder, Aaron D. *The New Diabetes Prescription: The Diet, Exercise, and Mindset Revolution*. La Jolla, CA: Creative Arts Press, LLC, 2011. 9780982544129. 344p. \$17.95.

The author, a diabetic, explains the program he developed to control his disease. He presents advice on diet, exercise and self-help skills that he used and recommends to others. He recommends specific supplements to control diabetes, although he does advise taking doctor-prescribed medication when needed. Also provided are a notes section of sources cited in writing the book and an index. The book contains a disclaimer stating that the author isn't a physician and that the supplements he recommends haven't been reviewed by the FDA; written for a general audience.

Southerland, Phil and John Hanc. *Not Dead Yet: My Race against Disease: From Diagnosis to Dominance*. New York: St. Martin's Press, 2011. 9780312610234. 322p. \$25.99.

A memoir by championship bike racer Phil Southerland details his life from a diagnosis of Type 1 diabetes at the age of seven months to a lifetime of insulin shots and close monitoring to an interest in sports, particularly bicycling. This led to his career as a bike racer; as the founder of *Team Type 1*, many of whose teammates are diabetics. They have won *Race Across America* twice. Written for a general audience.

Stockwell Mercer, Amy. *The Smart Woman's Guide to Diabetes: Authentic Advice on Everything From Eating to Dating and Motherhood*. New York, NY: Demos Medical Publishing, 2012. 9781936303137. 237p. \$21.95.

Having been diagnosed with Type 1 diabetes 20 years, the author offers advice on a variety of topics unique to a women's lifestyle. Topics include diagnosis, managing the disease

during adolescence, eating disorders and body image, diet and exercise, dating, sex and marriage, travel, pregnancy and motherhood, and aging. At the end of each chapter there are several personal stories the author includes to help the reader relate to the topic that is particularly helpful. Includes bibliographical reference, index and list of web resources.

Talbot, Sam. *The Sweet Life: Diabetes without Boundaries*. Emmaus, PA: Rodale, 2011. 9781605290959. 242p. \$32.50.

Talbot is an executive chef at two restaurants in the New York metropolitan area, a runner-up in season 2 of the *Bravo* television show *Top Chef*, and a Type-1 diabetic since childhood. After telling his story in the introduction, each succeeding chapter groups diabetic-friendly recipes by theme: healthy snacks, breakfasts and brunches, easy weeknight fare, high-energy foods, easy fish and seafood, foreign cuisines, grilling and party foods, and healthy desserts. Each recipe contains nutritional information, except for the number of exchanges. Accompanying text at the beginning of each chapter and recipe is written in an informative yet folksy style. Several large color photos are scattered throughout the book. Fully indexed (subject, recipe, and photo); written for a general audience.

Warshaw, Hope S., MMSc, RD and Karmeen Kulkarni, MS, RD. *The Complete Guide to Carb Counting: How to Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control*. 3rd edition. Alexandria, VA: American Diabetes Association, 2011. 9781580404365. 169p. \$18.95.

An explanation of what carb counting is and its importance in the management of diabetes continues with a guide to basic carb counting and keeping a record of them. The best ways to calculate the number of carbs eaten are by weighing and measuring foods and reading food labels. Blood glucose pattern management and advanced carb counting also are discussed. There is an appendix of carb counts of everyday foods and one for carb counting resources including software and websites. Indexed; written for a general audience.

Webb, Robyn, MS. *The Diabetes Comfort Food Cookbook: Foods to Fill You Up, Not Out!* Alexandria, VA: American Diabetes Association, 2011. 9781580404433. 182p. \$19.95.

Over 130 recipes for adaptations of comfort food classics designed with the diabetic in mind. Chapters group together recipes for appetizers, sides and salads, soups and stews, American and international dishes, one pot or skillet meals, pasta, and desserts. Each recipe contains a list of ingredients, easy-to-follow instructions, number of exchanges, and nutrition information. Several large color photos make this an enjoyable book to read and use. There is a recipe index and a subject index; written for a general audience.

Weisenberger, Jill. *Diabetes Weight Loss: Week by Week: A Safe, Effective Method for Losing Weight and Improving Your Health*. Alexandria, VA: American Diabetes Association, 2012. 9781580404549. 230p. \$16.95.

This book guides the overweight person with diabetes through the steps to lasting weight loss, better health, and perhaps even improved blood glucose control. The reader will learn to set reasonable goals; make better choices in restaurants, the grocery store, and the kitchen; self-monitor food intake, activity, and progress, read food labels; distinguish appetite from hunger; navigate a restaurant menu or buffet and examine motivation. More

than 23 million adult Americans have some form of diabetes, and more than two-thirds of the adults with Type 2 diabetes are significantly overweight or obese. Many of these individuals feel that controlling blood glucose and weight are conflicting goals and that they must choose one over the other. This book educates the reader about the benefits of good nutrition and weight loss. Losing weight may improve blood glucose; blood pressure, cholesterol and triglyceride levels; increase mobility, comfort, and reduce the risk for heart disease. The week-by-week approach and emphasis on incremental changes will help the reader to gain the knowledge, skills, and confidence required for permanent change. A handful of recipes will guide the reader to making changes in the kitchen.

Wolfsdorf, Joseph I, MB BCh. I. *Intensive Diabetes Management*. Alexandria, VA: American Diabetes Association, 2012. 9781580404587. 184p. \$49.95.

This 5th edition has been updated with the latest advances in medical research. Published by the American Diabetes Association and edited by Joseph I. Wolfsdorf, this book is designed for health care providers and offers new information on guidelines and procedures that have been revised to reflect the newest positions of the American Diabetes Association's Standards of Care. Intensive diabetes management is a mode of treatment that wishes to achieve near-normal glycemic levels using all available resources. This book offers complex and highly detailed information using sophisticated medical terminology. Topics include Rationale/Physiological Basis, Team Approach, Education, Psychosocial Issues, Monitoring, Patient Selection/Goals of Therapy, Insulin Regimens, Insulin Pump Therapy and Nutrition Management. Includes bibliographical references index and tables.

Zeiler, Sharon, ed. *250 Essential Diabetes Recipes*. Toronto, Canada: Robert Rose Inc., 2011. 9780778802709. 336p. \$24.95.

After a concise introduction to what diabetes is and the importance of nutritional counseling in its control, the author briefly explains carb counting and food exchanges. Then she presents the recipe collection, divided into chapters of Types of foods and Types of meals. Each recipe contains nutrients per serving and exchanges per serving, a full list of ingredients and complete directions, and additional kitchen and nutritional tips. Appendices include a 7-day meal plan, exchange lists for diabetes (American), and Canadian Diabetes Association Choice Lists. The book is indexed and contains very few photos; it is written for a general audience.

Children

Gaynor, Kate. *The Bravest Little Girl in School: A Story About Diabetes and Taking Insulin for Young Kids*. Dublin, Ireland: Special Stories Publishing, 2008. 9780955578748. 28p. \$9.99.

This book has been designed to help children with diabetes appreciate the importance of taking their insulin injections and being aware of what they eat.

Gosselin, Kim. *Taking Diabetes to School*. Valley Park, MO: Jayjo Books, 2004. 9781891383281. 32p. \$12.95.

Jayson discusses the symptoms of diabetes, and describes how, by following his diet and taking other precautions, he can go to school, participate in class, and take part in sports.

Loy, Bo & Spike Loy. *487 Really Cool Tips for Kids with Diabetes*. Alexandria, VA: American Diabetes Association, 2004. 9781580401913. 144p. \$14.95.

Tips from kids of all ages as well as parents and doctors, how to fine-tune your diabetes on injections and on the pump. A "going on the pump" journal is included.

Peacock, Carol Antoinette. *Sugar Was My Best Food*. Morton Grove, IL: A. Whitman, 1998. 9780807576465. 56p. \$13.99.

When nine-year-old Adair is diagnosed with diabetes, he must give up his favorite foods, have two insulin shots a day, and test his blood-sugar level.

Pirner, Connie White. *Even Little Kids Get Diabetes*. Morton Grove, IL: A. Whitman, 1991. 9780807521595. 24p. \$6.99.

A young girl who has had diabetes since she was two years old describes her adjustments to the disease.

Robbins, Lynette. *How to Deal With Diabetes*. New York: PowerKids Press, 2010. 9781404281448. 24p. \$21.25.

This book provides signs and symptoms and explains the different Types of diabetes in a clear, nonthreatening way. Advice on how to manage the disease and live a healthy life feature prominently as well.

Books - YA

Bellenir, Karen. *Diabetes Information for Teens: Health Tips About Managing Diabetes and Preventing Related Complications, Including Facts About Insulin, Glucose Control, Healthy Eating, Physical Activity, and Learning to Live with Diabetes*. Detroit, MI: Omnigraphics, 2012. 9780780812185. 397p.

An up-to-date book focusing on health related information for young adults.

Green, Leslie C, and Pat Kelly. *I Have Diabetes. Now What?* New York: Rosen Pub, 2012. 9781448846535. 168p.

Part of *Teen Life 411*, this book features information for young adults who have questions about diabetes and an overview about health, diet, and supplies and testing requirements in a clear and concise text.

Hood, Korey K, and Bryan Ische. *Type 1 Teens: A Guide to Managing Your Life with Diabetes*. Washington, DC: Magination Press, 2010. 9781433807886. 150p.

Type 1 Teens: A Guide to Managing Your Life with Diabetes is written for teens and the author gives advice on school, relationships and health within a framework of being a teen with diabetes.

Parker, Victoria. *I Know Someone with Diabetes*. Chicago, Ill: Heinemann Library, 2011. 9781432945572. 32p.

Title is written for young teens, using very simple images and text, explaining what is diabetes and what types of diabetes exist.

Tolle, Lauren W, and William T. O'Donohue. *Help with the Hard Stuff: Workbooks for Teens with Type 1 Diabetes and Their Parents*. Albuquerque, NM: Health Press, 2010. 9780929173559. 176p.

Help with the Hard Stuff: Workbooks for Teens with Type 1 Diabetes and Their Parents is a workbook for young adults and their family to adjust to life with diabetes type 1. The workbook targets the teen and the parents in two separate sections of the workbook and aims to help communication and educate everyone in the family.

Pamphlets

Tips for Teens with Diabetes: What is Diabetes? (NDEP-63)

National Diabetes Education Program

One Diabetes Way

Bethesda, MD 20814-9692

<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=98>

The pamphlet comes in two options: black and white and color. The tip sheet provides useful information about diabetes and encourages teens to take action to manage their disease for a long and healthy life. \$20 fee for a file for large quantity printing.

Tips for Teens with Diabetes: Make Healthy Food Choices (NDEP-66)

National Diabetes Education Program

One Diabetes Way

Bethesda, MD 20814-9692

<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=101>

The pamphlet comes in two options: black and white and color. The tip sheet provides useful information for teens about healthy eating and choosing good foods. \$20 fee for a file for large quantity printing.

Tips for Teens with Diabetes: Be Active (NDEP-64)

National Diabetes Education Program

One Diabetes Way

Bethesda, MD 20814-9692

<http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=99>

The pamphlet comes in two options: black and white and color. The tip sheet provides useful information for teens about the impact of staying fit and its relationship with blood sugar levels. \$20 fee for a file for large quantity printing.

Treatment Centers, Schools, Services

The Barton Center for Diabetes Education, Inc.

PO BOX 356

North Oxford, MA 01537

Phone: 508-987-2056

Fax: 508-987-2002

events@bartoncenter.org

www.bartoncenter.org

The Barton Center is the largest independent camping and educational programs in the country dedicated to children who live with diabetes and the people who care for them. While the Barton Center does dedicate itself to children of all ages and their families, it does have programs and camps solely for young adults with diabetes.

Websites

Teen-diabetes.com

<http://www.teen-diabetes.com>

This is a personal website written from a teen with diabetes for other teens with diabetes. The website explains what diabetes is, resources for young adults, and testimonials.

JDRF

http://www.jdrf.org/index.cfm?page_id=103445

JDRF features a page on their website solely for young adults and information that young adults would be seeking about diabetes. It highlights articles written for teens about various topics concerning living with diabetes.

NDEP Teen Page

National Diabetes Education Program

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

The NDEP website is a general website for all people living with diabetes. It does have a page specifically for young adults living with diabetes. On this page, NDEP offers facts, tips, and resources to help educate and inform young adults about diabetes.

Quiz for Teens with Diabetes

<http://ndep.nih.gov/teens/quiz-for-teens/index.htm#>

Sponsored by the National Diabetes Education Program, this website is a quiz for teens that aims to educate young adults about the facts of diabetes. The quiz directs teens to online pamphlets created by NDEP when a question is answered incorrectly.

juvenation

http://juvenation.org/p/juvenation_welcome.aspx

juvenation is a social networking site created by JDRF for young adults. It is for young adults to connect with other young adults with diabetes. Juvenation has online forums, videos, groups, and blogs for people over 13 to explore.

Periodical Articles

“3 ways to defeat diabetes.” *Shape*. 31:9 (May 2012) 118.

A brief article suggests 3 ways to decrease the probability of acquiring Type 2 diabetes. Suggestions include strength training to build muscle, eat fruit such as apples and blueberries, and minimize the consumption of red meat and processed food. Low-fat dairy, beans and seafood are recommended alternatives.

Al-Samarrie, Nadia. “Support on the diabetes journey: An interview with Diabetes Sisters founder, Brandy Barnes.” *Diabetes Health*. 21:1 (Feb.-Mar. 2012) 24-26.

Al-Samarrie, publisher and editor-in-chief of *Diabetes Health*, interviewed Brandy Barnes, founder of DiabetesSisters, an organization for all women with diabetes to join together for mutual support and education through conferences, website, blogs and a “sister match” program. Barnes describes how her idea for DiabetesSisters evolved. The website can be found at www.diabetessisters.org/.

Ali, Mohammed K., Justin B. Echouffo-Tcheugui, and David F. Williamson. "How effective were lifestyle interventions in real-world settings that were modeled on the diabetes prevention program?" *Health Affairs*. 31:1 (2012) 67-75.

Reviewed 28 studies to ascertain the effectiveness of lifestyle intervention for people at high risk for diabetes. Researchers reported an increase in weight loss with each session attended. Recommendations included using nonmedical personnel to conduct sessions and motivating higher attendance.

"American Diabetes Association teams with Numera to manage diabetes using social media." *Health & Beauty Close-Up*. (March 7, 2012).

A brief article describes the new partnership between Numera, a telehealth and social media technology company and the American Diabetes Association (ADA). "Numera Social lets ADA participants team up with their friends and family to create and reinforce new healthy habits, help people set realistic goals, commit to specific health action plans, and measure progress." Go to Facebook and search "ADA Washington State" and download the application.

Austin, Stephanie, et al. "Dietary self-care in adolescents with Type 1 diabetes: Report from the juvenile diabetes and dietary study." *Canadian Journal of Diabetes*. 35:1 (2011) 39-45.

Examined the relationships between metabolic control, self-perceptions of dietary self-care, Types of motivation and parental support toward dietary self-care in adolescents with Type 1 diabetes. Results indicated that minimizing sources of pressure to pursue dietary self-care could be a promising avenue for improving dietary self-care in this group.

Berner, Cindy. "The diabetes dilemma: How exercise can help." *American Fitness*. 30:1 (2012) 58-59.

Berner, a Registered Dietician, discussed the benefits of exercise for improved blood glucose control in both Type 1 and Type 2 diabetics. She highlights the recommendations of the American College of Sports Medicine and the American Diabetes Association for exercise for diabetics and cautions people with certain conditions to get a medical screening prior to starting an exercise program. Two lists of symptoms of hyperglycemia and hypoglycemia and a list of treatment options for hypoglycemia are included in the article.

Bowden, Jonny, PhD. "Blood sugar battles". *Better Nutrition*. (November 2011) 45-48.

This article outlines the differences between Type 1 and Type 2 diabetes. The author states that our bodies were not designed for the amounts of sugar and processed carbs we consume on a daily basis. These foods that rapidly turn into sugar put a heavy demand on the pancreas. The obvious solution is to lower insulin levels to a normal healthy range by eating foods that do not spike the blood sugar. The article goes into detail about the benefits of a Paleolithic diet, (foods you could hunt, fish, gather or pluck) coupled with exercise and how this is the best format for any diabetic to follow.

Carroll, Aaron E., et al. "Contracting and monitoring relationships for adolescents with Type 1 diabetes: A pilot study." *Diabetes Technology & Therapeutics*. 13:5 (2011) 543-549.

Study looked at parent-child relationships in regard to self-monitoring. Findings describe the use of a behavioral contract to reduce parental nagging. The article also reported on the effectiveness of a cell phone-based glucose monitoring system for young diabetics.

Church, Tim. "Exercise in obesity, metabolic syndrome, and diabetes." *Progress in Cardiovascular Diseases*. 53:6 (2011) 412-418.

Researchers describe the benefits of aerobic exercise, coupled with resistance training, to prevent and control Type 2 diabetes. They also provide guidelines for weight loss and weight control.

"Controlling blood sugar in Diabetes: How low should you go?" *Harvard Men's Health Watch*. 15: 6 (January 2011) 1-4.

Medications come out each year for treatment of diabetes. New studies are prompting doctors to re-examine a fundamental therapeutic question: what level of blood sugar is best? This study says that one size does not fit all and that blood sugar goals should be adjusted according to the needs of each individual patient. In general, blood sugar levels of about 150 to 170 mg/dL seems reasonable for many patients with Type 2 diabetes. Medical therapy should be intensified when HbA1C levels exceed 8% which corresponds to an average blood sugar level of about 180 mg/dL. These numbers, along with guidelines on blood pressure, cholesterol levels and blood, and kidney readings are important to maintaining a healthy body for a diabetic patient.

Cranwell-Bruce, Lisa A. "Drug treatment for peripheral neuropathy." *MedSurg Nursing* 20.5 (September-October 2011). 269.

Peripheral neuropathy is a chronic condition in the extremities characterized by numbness, tingling, burning or loss of sensation, which can be the result of various conditions and causes. This is a very common condition for a diabetic. The most common classes of drugs to treat neuropathic pain, or NP, are tricyclic antidepressants, selective serotonin-noradrenalin reuptake inhibitors, anti-epileptics, opioids and topical drugs. There is no cure for neuropathic pain, but pain management is possible when the right drugs are used in combination, with the ultimate goal being improving the quality of life.

Daitch, Lisa, Judith Stallings, and Heidi Szerlong. "Nutrition therapy for new diabetes patients: The latest evidence-based dietary recommendations from the American Diabetes Association focus on disease prevention and treatment." *Clinical Advisor*. 14:6 (2011) 60.

The article highlights the different dietary goals for Type 1 and Type 2 diabetics. Defines the basic food Types; provides goals, principles and guidelines for practitioners to share with patients.

Dashiff, Carol, et al. "Parents' experiences supporting self-management of middle adolescents with Type 1 diabetes mellitus." *Pediatric Nursing*. 37:6 (2011) 304-310.

One of many recent studies detailing the parent-adolescent relationship in dealing with Type 1 diabetes. Parental nagging, scolding, and judging caused undue stress and encouraged lying about management by teen diabetics.

"Diabetes." *Diabetes*. (2012) 1-75.

This lengthy article is a comprehensive white paper from Johns Hopkins Medicine, a one-stop, go-to reference for current information about diabetes. The report includes a discussion about: Types, causes, risk factors, prevention, laboratory tests, physical examinations, how to control blood glucose (BG) during illness, monitoring BG, nutrition and exercise recommendations, lists of both oral and injectable medications, prevention and treatment of long-term complications, pancreas and islet cell transplants, and prospects for an artificial pancreas.

“Diabetes: An overview.” *CRS- Adult Health Advisor*. (February 2012).

The article briefly presents basic facts about diabetes, including the various Types, the effects of high blood sugar on the body and what patients can do to stay healthy.

"Diabetes management at camps for children with diabetes." *Diabetes Care*. 35:1 (January 2012) S72+.

The purpose of a diabetes camp is to provide a camping experience with other children with diabetes in a medically safe environment. The recommendations for the management of diabetes in children at a diabetes camp are similar to the recommendations of the American Diabetes Association (ADA). However, because the camping experience lasts a short time and the activity level is increased, the focus is on preventing blood glucose extremes, both low and high. The article describes medical care, available medical supplies, medical records, dietary needs, insulin adjustments for increased exercise, blood glucose testing frequency, medical staff composition and training, emergency care for hypoglycemia and ketosis, diabetes self-management education and possible research opportunities.

“Diabetes typology.” *Current Science*. 97: 9 (2012) 11.

A very brief article describes the difference between Type 1 diabetes where the pancreas does not produce insulin and Type 2 diabetes where the body does not use the insulin that the pancreas produces.

“Educational interventions appear to be effective for patients with poorly controlled Diabetes”. *Obesity, Fitness and Wellness Week*. (October 23, 2011) 208.

Three randomized controlled trials published in *Archives of Internal Medicine* examine the effectiveness of behavioral and educational interventions for patients with poorly controlled diabetes. All studies showed that more intensive and therefore more expensive interventions may be a worthwhile investment to lower the high costs associated with poorly managed diabetes in the long term; however, larger structural interventions also may be necessary to overcome any challenges faced by severely disadvantaged diabetic patients.

“EXPO: A hands on experience.” *Diabetes Forecast*. 65:3 (March 2012) 70.

The article describes “EXPOs,” events sponsored by the American Diabetes Association and held throughout the United States each year. EXPOs are held to provide health care, cooking and lifestyle information to diabetes patients, as well as provide a venue for networking among patients who share similar medical challenges. The EXPO schedule can be found on the website www.diabetes.org/expo.

“Focus on 2011: A year of novel pharmacologic agents in review.” *Formulary* 46 (December 2011) 516-528.

Ten newly approved drugs or investigational drugs are reviewed in this article. Included is information about the drug companies who market the drug, as well as information on the dosage, how the drug works, how it is made and any contraindications. This article also gives the current status on each drug and what new studies will be taking place.

Gebel, Erika. "Licensed to thrive: the ADA'S view: driving laws should treat people with diabetes as individuals." *Diabetes Forecast*. 65:4 (April 2012) 42.

Every state establishes its own regulations for licensing drivers. In January 2012, the American Diabetes Association (ADA) published a position statement to counter state laws that discriminate against diabetics, especially those taking insulin. The article summarizes the ADA position that supports individual evaluation to determine whether a person is fit to drive, the risk of hypoglycemia and technology that may help to prevent hypoglycemia.

Gebel, Erika. "Nature bottled: Are dietary supplements and vitamins helpful for people with Diabetes?" *Diabetes Forecast*. 65:2 (February 2012) 58.

Many dietary supplements are on the commercial market. Gebel reviews the evidence to indicate whether the supplements and vitamins actually promote lower blood glucose and minimize complications in diabetics. She discusses omega 3s, cinnamon, chromium, and alpha-lipoic acids. For those who wish to take supplements, she concludes with tips for safe supplement use.

Gebel, Erika. "Stop diabetes before it starts: Diabetes prevention works out at the Y." *Diabetes Forecast*. 65:2 (February 2012) 44.

A study in 2002 found that lifestyle change was the most important factor in diabetes prevention. The Diabetes Prevention Program (DPP) was initiated through collaboration among Indiana University, the YMCA, the Centers for Disease Control and Prevention (CDC), and United Health Group to teach people how to eat healthy and work exercise into a regular routine in order to delay or prevent Type 2 diabetes. The DPP was presented at local YMCAs and has now been incorporated into the National Diabetes Prevention Program, spearheaded by the CDC.

Greenapple, Rhonda. "Review of strategies to enhance outcomes for patients with Type 2 diabetes: Payers' perspectives." *American Health & Drug Benefits*. 4:6 (2011) 377-386.

The article discusses initiatives to improve patient outcomes, including consumer-driven health plans and wellness and prevention programs.

Hasken, Julie, et al. "Diabulia and the role of school health personnel." *Journal of School Health*. 80:10 (2010) 465-469.

Because weight management during adolescence can be especially difficult for those with Type 1 diabetes, some diabetics may restrict or omit insulin (diabulimia) to control their weight. This article presents school health personnel with information to become more aware of the possibility of diabulimia in students with Type 1 diabetes.

Iwamoto, Jun; Sato, Yoschihiro; Takeda, Tsuyoshi and Matsumoto, Hidea. "Bone quality and Vitamin K in Type 2 Diabetes: Review of preclinical and clinical studies". *Nutrition Reviews*. 69:3 162-167.

Bone mineral density is a good predictor for fractures in primary osteoporosis; however, it is not in Type 2 diabetics. In these patients, fractures are more likely due to poor bone quality and extraskeletal factors. Vitamin K is a potentially important agent in the maintenance of bone quality in Type 2 diabetes, and should be utilized along with therapeutic strategies to attempt to decrease serum homocysteine and maintain adequate vitamin B6 status. Most importantly, this clinical study showed that vitamin K deficiency could contribute to poor glycemic control and poor bone quality.

Jancin, Bruce. "Distinguish Type 1 from Type 2 diabetes in children." *Family Practice News*. 42:3 (February 15, 2012) 30.

Bruce Jancin reports on a meeting of the American Academy of Pediatrics about how medical practitioners can distinguish between Type 1 and Type 2 diabetes in obese children. He notes that most cases of Type 1 diabetes are diagnosed in childhood, even when the child may be obese. Obesity, however, has increased the frequency of Type 2 diabetes in children. The rates vary widely with the ethnic background of the children. Jancin quotes Dr. Charlotte M. Boney who clarifies that Type 1 is still an autoimmune disease that can be distinguished with autoimmune antibodies against the pancreas, such as glutamic acid decarboxylase 65 (GAD-65) or insulinoma-associated protein 2. There is also a brief discussion about MODY, Mature Onset Diabetes in the Young.

Kahn, Richard. "Reducing the impact of diabetes: Is prevention feasible today, or should we aim for better treatment?" *Health Affairs*. 31:1 (2012) 76-83.

Discusses preventing or delaying the onset of Type 2 diabetes primarily through weight loss. Touches on some of the complex factors that interfere with combating obesity in our culture.

Karra, Efthimia, Ahmed Yousseif, and Rachel L. Batterham. "Mechanisms facilitating weight loss and resolution of Type 2 diabetes following bariatric surgery." *Trends in Endocrinology & Metabolism*. 21:6 (2010) 337-344.

Summarizes current knowledge on the effects of different bariatric procedures on circulating gut hormones. Discusses theories that explain the weight loss in Type 2 diabetics following bariatric surgery.

Komaroff, Anthony. "Ask the doctor." *Harvard Health Letter*. 37:4 (2012) 8.

In a Q & A format, Komaroff responds to a question about the relationship between Type 2 diabetes and sleep apnea. He contends that both conditions may result from excess weight. He notes that there is some evidence, although it is inconclusive, that sleep apnea causes chemical changes that lead to insulin resistance. In any case, weight loss will improve both conditions.

Krisberg, Kim. "Bronx diabetes program reaching residents with spiritual message." *Nation's Health*. 42:5 (July 2012) 9.

Bronx Health Reach, a project of the Institute for Family Health, adapted an existing diabetes education program, Los Caminos, to reach at-risk populations in faith-based communities. The

idea was to bring diabetes education to a population most in need of information in a setting where the people already gather. The results have shown greater improvements in clinical outcomes than had been expected.

Lee, Kyoung Jin; Lee, Seung Won; Petrofsky, Jerrold S.; Song, Chang Ho; Yim, Jong Eun. "Effects of an exercise program on balance and trunk proprioception in older adults with diabetic neuropathies". *Diabetic Technology and Therapeutics*. 13:8 (August 2011) 803.

This study was designed to improve balance and prevent falls by addressing trunk balance and proprioception through balance exercises in older people with diabetic neuropathy. Balance exercises that could be performed easily in daily life were used in this study, and changes in the ability to maintain balance and trunk proprioception were measured. In the exercise group, significant changes were seen in static balance, dynamic balance and trunk proprioception. However, in the control group there were no significant changes. The study confirmed that older diabetics should be introduced to different exercises to improve balance and to prevent falls.

Levin, Susan. "Glycemic index of foods influences weight loss." *Good Medicine*. 21:1 (2012) 5.

The glycemic index measures how rapidly a given food converts to glucose (sugar) in the bloodstream. Levin highlights a research study published in the *Journal of Nutrition* that shows that decreasing the consumption of foods with a high glycemic index rating can result in weight loss. For participants with Type 2 diabetes, the lower glycemic index for the vegan diet group predicted weight loss and the weight loss predicted better control of blood glucose.

Levin, Susan. "Meat consumption linked to diabetes." *Good Medicine*. 21:1 (2012) 5.

A study of Seventh-Day Adventists showed that people who consumed meat products are twice as likely to develop Type 2 diabetes than people on a vegan diet.

Liebman, Bonnie. "Decoding Diabetes." *Nutrition Action Health*. 38 (June 2011) 1-6.

This article discusses how to lower the risk of developing Type 2 diabetes. It advises people to have a healthy weight and lifestyle to prevent Type 2. It highlights the link between the disease and obesity. In addition, the article explains insulin resistance in overweight people. The effectiveness of magnesium, vitamin D, whole grains and coffee in lowering the risk of diabetes is discussed.

Liu, L.L., et al. "Prevalence of overweight and obesity in youth with diabetes in USA: The search for diabetes in youth study." *Pediatric Diabetes*. 11 (2010) 4-11.

Compared prevalence of obesity and overweight among ethnically and racially diverse youth with diabetes (Type 1 and Type 2) to youth without diabetes. Prevalence of overweight was higher in youth with Type 1 but obesity was significantly lower; whereas the majority of Type 2 diabetics were obese.

Lopez, Andrea and Hilary K. Seligman. "Clinical management of food insecure individuals with diabetes." *Diabetes Spectrum*. 25:1 (Winter 2012) 14.

The target audience for this article about the relationship between food insecurity and diabetics is primarily health care professionals. Lopez and Seligman explain food insecurity, the

conditions where it is found and why there is a higher frequency of diabetics who experience food insecurity. The list of strategies for improved eating patterns and the hunger and food insecurity resources at the end of the article provide valuable information.

“Magnesium-rich foods help fight diabetes.” *Environmental Nutrition*. 35:6 (June 2012) 3.

A brief article explains the need for magnesium to maintain healthy bones, muscles, nerves, heart, immune function and control of blood glucose. Magnesium is necessary to allow insulin to deliver glucose to cells. Some evidence also indicates that magnesium in the diet may also decrease insulin resistance in Type 2 diabetics. Magnesium-rich foods include whole grains, legumes, nuts, green leafy vegetables.

Manning, Joy and Anne Underwood. “The food cure.” *Prevention*. 64:5 (May 2012) 35-38.

Manning discusses lifestyle changes, including diet and exercise, that can prevent or reverse Type 2 diabetes. Recipes are available at: <http://www.prevention.com/diabetes-recipes>.

McBride, Theresa P., “Novel biomarkers, inflammation and progression to diabetes.” *Townsend Letter*. 342 (January 2012) 46.

The Center for Disease Control (CDC) estimates that the incidence of diabetes will more than double by the year 2050. Biomarkers for pre-diabetes would allow the medical professional and future patient to implement therapeutic interventions and lifestyle changes to prevent or delay the onset of diabetes. The article discusses fasting glucose, HbA1c, adiponectin, insulin, and proinsulin and inflammatory biomarkers that may be used to predict the onset of Type 2 diabetes. A graph clearly displays the changes in the levels of adiponectin, insulin, and proinsulin in the pre-diabetes stages. A chart shows diet and lifestyle changes and possible nutraceutical and botanical supplement for pre-diabetes as well as medication options for diabetes. McBride recommends the Pre-D Guide developed by Genova Diagnostics.

McKenna, Maryn. “A diabetes cliffhanger.” *Scientific American*. 306:2 (2012) 26-28.

McKenna reviews the global increase of Type 1 diabetes in children. Due to the fact that the recent increase of 3% to 5% per year has been noted globally since 2006, the researchers are looking for environmental causes for an autoimmune attack on the pancreas of children. The World Health Organization Project DIAMOND and European healthcare systems have documented similar increases. Another research project, EURODIAB predicts a continuing increase. Consideration has been given to several possible causes for the increased rate of Type 1. They include gluten, clean modern lifestyle and allergies as well as obesity. Data presented show the increase by the age of the child for each continent. No definitive data has been found to identify a cause for the increase in Type 1 in children.

“Metabolic Syndrome and mental illness”. *Harvard Mental Health Letter*. (August 2011) 5.

Two randomized control studies suggest that metformin may assist people taking anti-psychotics to lose a modest amount of weight, and may also prevent their insulin resistance from getting worse. Other advice may be to choose antipsychotics that are least likely to increase risk of metabolic syndrome, such as ziprasidone or aripiprazole; to closely monitor risk

factors such as weight, blood sugar, blood pressure and cholesterol levels; to switch to a lower dosage; and to adopt healthy lifestyle habits.

Moore, Lisa. "Gestational diabetes: Should you use oral agents?" *Contemporary OB/GYN*. 57:2 (February 2012) 28-32.

Moore did a literature search and summarized the most recent studies of oral agents that are used to treat gestational diabetes mellitus. She concluded that even though glyburide and metformin both pass across the placental barrier, they appear to be safe to treat gestational diabetes.

Moninger, Jeannette. "Could your child have diabetes?" *Parents Magazine*. 87:2 (February 2012) 37-41. The incidence of Type 1 diabetes in children has doubled in the last 20 to 25 years. Moninger describes the sudden onset of symptoms that might indicate Type 1 diabetes. She follows with a discussion about the current treatment available and the prospect of future improvement in diabetes treatment technology.

Morrison, Fritha, Maria Shubina and Alexander Turchin. "Lifestyle counseling in routine care and long-term glucose, blood pressure, and cholesterol control in patients with diabetes." *Diabetes Care*. 35:2 (February 2012) 334.

Morrison, Shubina and Turchin conducted a large retrospective study about lifestyle changes in diabetic patients that followed after counseling. Data exist that show that lifestyle counseling improves control of blood glucose, blood pressure and LDL cholesterol for a short period of time following counseling sessions. Morrison, Shubina and Turchin studied lifestyle counseling and its impact on associated improvements in A1c, blood pressure and LDL levels when the counseling was continued in the primary care setting over a longer period of time. They found that more patients failed to meet their treatment goals when counseling rates decreased.

Nazarko, Linda. "Current treatment of Type 2 diabetes." *Nursing & Residential Care*. 13:11 (2011) 530-532. Brief article explains how food, exercise, medication and blood glucose monitoring help control Type 2 diabetes. Also discusses a community initiative and myths about diabetic foods.

Neithercott, Tracey. "Plan of action: customizing your diabetes management puts you in control." *Diabetes Forecast*. 65:4 (April 2012) 49+.

Neithercott outlines the common elements of a treatment plan to control diabetes and prevent complications. Each plan should be designed for the individual patient and reflect their life at work and home. The patient has the primary responsibility to perform diabetes self-management tasks and report necessary data to the medical team. Each management plan should include guidance and goals for medication, food, exercise, medical testing, problem solving, dental care, weight control, smoking cessation, mental health support, and schedules for continued medical supervision.

"Obesity in America: What's driving the epidemic?" *Harvard Men's Health Watch*. 16:7 (2012) 5-7.

The article describes the scope of the obesity epidemic and possible causes. Obesity in the United States has increased more than 50% in the last 40 years. Diabetes is one of the many

health consequences. Modern work settings require less physical labor; recreational activities like watching TV and interacting with a computer are more sedentary; and eating habits tended toward larger portions and more frequent snacking. The article proposes that social habits, including diet, exercise, alcohol consumption, sleep, TV time and smoking need to change.

“Partnership spurs pharmacist outreach to diabetes patients.” *Chain Drug Review*. 34:6 (March 26, 2012) 72.

A partnership to improve diabetes patient education and blood glucose control has been established by the American Pharmacists Association (APhA), the American Pharmacists Association Foundation and the American Diabetes Association. The goal is to connect pharmacists, as stakeholders in the medical support team, with the growing diabetes patient population to assist patients in the proper use of prescribed medications. Initiatives include the ADA’s programs, Stop Diabetes and Living with Type 2 Diabetes, as well as the APhA’s programs, APhA Pharmacist and Patient-Centered Diabetes Care Certificate Training Program and Operation Diabetes.

Pemmaiah, K.D. and Srinvas, D.R. “Hearing loss in Diabetes Mellitus”. *Internal Journal of Collaborative Research on Internal Medicine and Public Health*. (October 2011) 725.

The complex arrangement of the inner ear makes it potential target of hyperglycemic damage. A study was conducted to identify the probable occurrence of hearing loss as a complication of diabetes mellitus, and the results proved that while loss is a complication of diabetes mellitus, it is unrelated to the development of peripheral cochlear neuropathy. Early detection and treatment of diabetes with strict glycemic control is of the utmost importance to prevent hearing impairment, and while many diabetic patients do not show any sign of hearing loss, assessments should be done on a routine basis.

Pinhas-Hamiel, Orit, et al. “Long-term insulin pump treatment in girls with Type I diabetes and eating disorders—Is it feasible?” *Diabetes Technology & Therapeutics*. 12:11 (2010) 873-878.

Discusses the importance of intensive treatment of eating disorders (ED) in young women with Type 1 diabetes. Explains how using an insulin pump can contribute to the treatment of the ED patient. Researchers also stress the need for group therapy, psychological education, and incorporation of a nondeprivational approach to eating.

Pories, W. J., J. H. Mehaffey, and K. M. Staton. “The surgical treatment of Type 2 diabetes mellitus.” *Surgical Clinics of North America*. 91:4 (2011) 821-836.

Examines four surgical procedures and their outcomes.

Rejeski, W. J., et al. “Lifestyle change and mobility in obese adults with Type 2 diabetes.” *New England Journal of Medicine*. 366:13 (2012) 1209-1217.

Study looked at over 5,000 obese adults with Type 2 diabetes to determine the effects of an intensive lifestyle intervention versus a diabetes support-and-education program. Not only did the lifestyle intervention group have a 48% reduction in mobility-related issues, they also retained a higher level of healthy functioning over the support group.

Sanchez, Iris. "Ask a diabetes educator. Four questions for the diabetes educator." *Diabetes Health*. 21:1 (February-March 2012) 15-16.

Certified Diabetes Educator and Nurse Practitioner, Iris Sanchez, answers questions from diabetics. They include: 1) Why does blood sugar increase in the morning? 2) Why does blood sugar increase after exercise? 3) Other than glucose tablets, what solid or liquid foods are best to treat hypoglycemia? and 4) Do you have advice for travelers who take insulin and need to make dosage adjustments for time zone changes?

Sangal, A. "Role of cinnamon as beneficial antidiabetic food adjunct: A review." *Advances in Applied Science Research*. 2:4 (2011) 440-450.

Explores the possible benefit of using cinnamon to treat Type 2 diabetes. Although safe, beneficial effects have been reported, more clinical studies are needed before it can be considered an alternative treatment.

Scollan-Koliopoulos, Melissa, and David Bleich. "The evaluation and management of childhood Type 2 diabetes mellitus." *Primary Care Diabetes*. 5 (2011) 151-158.

Reviews various treatment models used in the management of Type 2 diabetes in children. Of the many contributing factors, reducing obesity is the primary concern.

"Standards of medical care in diabetes 2012." *Diabetes Care*. 35:1 (January 2012) S11+.

Every year the multidisciplinary Professional Practice Committee of the American Diabetes Association revises the standards of care for diabetes. The recommendations in the article include topics such as: desirable targets for most diabetes patients, children with diabetes, pregnant women, and prediabetes. Other topics include screening, diagnostic tests and therapeutic actions.

Starkey, Karina, and Tracey Wade. "Disordered eating in girls with Type 1 diabetes: Examining directions for prevention." *Clinical Psychologist*. 14:1 (2010) 2-9.

Girls with Type 1 diabetes have been identified to be at an increased risk for developing bulimia nervosa and other eating disorders. Article provides an overview of research on the topic, reviews the design and content of intervention programs, and offers suggestions for adapting effective programs.

Uusitupa, M., J. Tuomilehto, and P. Puska. "Are we really active in the prevention of obesity and Type 2 diabetes at the community level?" *Nutrition, Metabolism & Cardiovascular Diseases*. 21 (2011) 380-389.

Researchers show that innovative strategic guidelines and their proper implementation are needed to prevent the global diabetes epidemic. Evidence confirms that Type 2 diabetes is preventable by lifestyle modifications influencing diet, physical activity and obesity.

Whitmore, Catherine. "Type 2 diabetes and obesity in adults." *British Journal of Nursing*. 19:14 (2010) 880-886.

Examines some of the physiological mechanisms by which overweight and obesity contribute to the development of Type 2 diabetes. Reviews some of the approaches to managing overweight

and obesity, including dietary management, reduced carbohydrate diets on glycaemic control, as well as drug therapy and bariatric surgery.

Zoler, Mitchel L., "Undiagnosed diabetes common in women with acute MI." *OB GYN News*. 47:2 (February 2012) 33.

Dr. Anselm K. Gitt used a registry in Germany to follow patients who had initially been treated for a myocardial infarction (MI) and were subsequently tested for diabetes. He found that 20% of the women and 15 % of the men had previously undiagnosed diabetes.

Newspaper Articles

Bakalar, Nicholas. "Vital signs regimens: Omega-3s don't cut diabetics' heart risks." *New York Times*. (19 June 2012) D6(L). *New York State Newspapers*. Web. (August 9, 2012).

Reports the findings of a study published in the *New England Journal of Medicine* which concludes that supplements of omega-3 fatty acid do nothing to prevent cardiovascular problems or death in people with Type 2 diabetes.

Brody, Jane E. "More ways to cope with Type 1 Diabetes." *New York Times* (October 25, 2011) D7(L). *Infotrac Newsstand*. Web. (June 28, 2012).

Due to the nationwide epidemic of Type 2 diabetes, the author of this article feels that it is easy to lose sight of the less common but much more serious form of diabetes called Type 1.

Eisenberg, Anne. "A geneticist's research turns personal." *New York Times* (June 3, 2012) 3(L). *New York State Newspapers*. Web. (August 9, 2012).

Reports on how human genome research is helping researchers find new treatments for illnesses, and how one researcher found out through the research that he had diabetes and was successfully treated.

Freedman, Mitchell. "Diabetes Center planned". *Newsday* [Long Island, N.Y] (July 12, 2012) A27.

Peconic Bay Medical Center and East End Health Alliance are conducting a study to determine the need for and feasibility of a diabetes center in Riverhead.

Grady, Denise. "Diabetes is harder to treat in children." *New York Times* (April 30, 2012) A10(L). *New York State Newspapers*. Web. (August 9, 2012).

As obesity rates in children have climbed, so has the incidence of Type 2 diabetes, and a new study adds another worry: the disease progresses more rapidly in children than in adults and is harder to treat.

Grady, Denise. "Surgery is found to aid Diabetics." *New York Times* (March 27, 2012) A1(L). *New York State Newspapers*. Web. (August 9, 2012).

Two studies have found that weight-loss operations worked much better than the standard therapies for Type 2 diabetes in obese and overweight people whose blood sugar was out of control.

Konrad, Walecia. "For those with Diabetes, older drugs are often best." *New York Times* (May 28, 2011) B6(L). *Infotrac Newsstand*. Web. (June 28, 2012).

This article explains that while patients and health care professionals had hoped that pharmaceutical companies would produce safer and more efficient alternatives to older medications to help the body lower blood sugar, a true breakthrough has not yet happened.

Maugh, Thomas H. "Study posits how fat, Diabetes may be linked". *Newsday* [Long Island, N.Y] (April 19, 2011) A47.

Stanford researchers are studying whether Type 2 diabetes, like Type 1, may be an autoimmune disease, and why not everyone who is obese develops it.

Moses, Sarah. "Trained to be on alert; Dogs can sense a Diabetic's blood sugar changes, warn families." *Post-Standard* [Syracuse, NY] (February 12, 2012) B1. *New York State Newspapers*. Web. (August 9, 2012).

Reports on how more people with diabetes -- especially children with the disease -- are starting to use specially trained diabetic alert dogs.

Mulder, James. "Stent may help Diabetics avoid heart surgery" *Post-Standard* [Syracuse, NY] (April 17, 2012) A3. *New York State Newspapers*. Web. (August 9, 2012).

Research shows people with diabetes have a two- to three-fold increased risk for heart disease and much higher rates of mortality and complications. Syracuse hospitals are using a new medical device to treat heart disease in diabetic patients that may spare some of them from open-heart surgery.

O'Connor, Anahad. "Risks: Replacing red meat, staving off Diabetes." *New York Times* (August 16, 2011) D6(L). *New York State Newspapers*. Web. (August 9, 2012).

Reports on a study by Harvard researchers, which concluded that replacing one serving a day of red meat with nuts or low-fat dairy can lower the risk of Type 2 diabetes.

Parker-Pope, Tara. "Study finds higher risk of Diabetes from statins." *New York Times* (June 22, 2011) A10(L). *Infotrac Newsstand*. Web. (June 28, 2012).

New research shows that cholesterol-lowering drugs called statins, which have been shown to lower a person's risk for heart attack, can also slightly increase a patient's risk for developing diabetes.

Rabin, Roni Caryn. "Study finds sharp rise of Diabetes in youths." *New York Times* (May 21, 2012) A12(L). *Infotrac Newsstand*. Web. (June 28, 2012).

Nearly one in four American adolescents may be on the verge of developing Type 2 diabetes or could already be diabetic, representing a sharp increase in the disease's prevalence among children ages 12 to 19 since a decade ago.

Rabin, Roni Caryn. "For Type 2 Diabetes, 2 types of training." *New York Times* (November 24, 2010) na(L). *Infotrac Newsstand*. Web. (June 28, 2012).

Reports on a new study that claims that Type 2 diabetics can significantly lower their blood sugar and lose body fat with an exercise program that combines aerobics and weight lifting.

Weed, Julie. "The app as health aide." *New York Times* (June 12, 2012) B6(L). *New York State Newspapers*. Web. (August 9, 2012).

Reports on different “health” apps for mobile phones including WellDoc's DiabetesManager, an app available on a variety of mobile and Web-based platforms that provides feedback based on glucose, medication, food and exercise information that patients enter, advising them on the actions they should take to adhere to their treatment plan.

Professional Newsletters

AADE in Practice

Quarterly

Academic

American Association of Diabetes Educators, Chicago, Illinois

<http://www.diabeteseducator.org/ProfessionalResources/Periodicals/Practice/index.html>

AADE in Practice is an official newsletter of the American Association of Diabetes Educators. This is a members only publication that provides tools and strategies for applying current research and best practices to diabetes education. Members can also access archived articles online. Some of the Types of articles in each issue include practical application of diabetes education, tools for improving practice, translating research into practice and self-care behaviors.

Clinical Diabetes

Quarterly

Professional

American Diabetes Association, Alexandria, Virginia

<http://clinical.diabetesjournals.org>

The journal, *Clinical Diabetes*, provides primary care physicians, as well as other health care providers, information regarding advances in the treatment of patients with diabetes. The journal is also a forum for discussing diabetes related problems in practice as well as medical legal issues, case studies, summaries of recent research, and patient education materials.

Clinical Endocrinology News

Monthly

Professional

International Medical News Group LLC (Elsevier), Rockville, Maryland

www.clinicalendocrinologynews.com

This online newsletter provides clinical news, podcasts, conference news and videos for use by practicing specialists who treat patients with various endocrine disorders including diabetes. Current and past issues can be accessed online and there is a search function.

Diabetes

Monthly

Professional

American Diabetes Association, Alexandria, Virginia

<http://diabetes.diabetesjournals.org>

Diabetes, which began publication in 1965, publishes original research about the physiology of diabetes mellitus. This research may include any aspect of laboratory, animal or human research. Investigations into the pathogenesis of diabetes, studies of the pancreatic islet function and pharmacological mechanisms of drug and hormone action are emphasized. Another related publication is the *Scientific Sessions Abstract Book* published once a year as a supplement to the journal *Diabetes* it contains abstracts from the American Diabetes Association's annual Scientific Sessions.

Diabetes Care

Monthly

Professional/Academic

American Diabetes Association, Alexandria, Virginia

<http://care.diabetesjournals.org>

Diabetes Care, which began publication in 1978, is mainly used by health care practitioners and diabetes educators. Its goals are to increase knowledge, stimulate research and promote better management of people with diabetes. The journal publishes original research on human studies in five categories including clinical care, epidemiology, emerging treatments, complications and cardiovascular and metabolic risk. The journal also publishes review articles, letters to the editor and health news. The articles published would be of interest to physicians, researchers, psychologists, diabetes educators and other health care providers. *Clinical Practice Recommendations* is published quarterly as a supplement to *Diabetes Care*. It is a compendium of all the American Diabetes Associations recommendations for treatment of diabetes and its complications.

Diabetes Dateline

Continuous

Professional

National Diabetes Information Clearinghouse, Bethesda, Maryland

<http://diabetes.niddk.nih.gov/about/newsletter.aspx>

This is an online only journal of the NIDDK (National Institute of Diabetes and Digestive and Kidney Diseases) which is part of the National Institutes of Health. Since this online journal functions as an information clearinghouse various articles and resources are updated as new information becomes available and so publication is continuous and ongoing.

Diabetes Educator

Bimonthly

Academic

Sage Publications, Thousand Oaks, California

<http://tde.sagepub.com/>

This is an official journal of the American Association of Diabetes Educators. It is a peer reviewed reference source that deals with the management of diabetes. The journal publishes original articles on patient care and education, research and diabetes education for nurses, dietitians, physicians, pharmacists, mental health professionals, podiatrists and exercise physiologists. It's available online and in print.

Diabetes Health Professional: investigate, inform, inspire

Bimonthly

Professional

King's Pub. Fairfax, California

<https://www.diabeteshealth.com/customer-service/account.html?function=subscribe&acctType=C>

Issues of this journal include information about products, educational resources and the latest diabetes research as well as editorials about medical news, prescription drug information, clinical practice recommendations and new treatment options. Health professionals are eligible to receive free copies of the patients publication *Diabetes Health*. This patient publication is also available to browse online.

Diabetes / Metabolism Research and Reviews

Eight issues per year

Professional/Academic

Wiley Interscience, New York, NY,

[http://onlinelibrary.wiley.com/journal/10.1002/\(ISSN\)1520-7560](http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)1520-7560)

This online-only journal publishes articles about diabetes, endocrinology, metabolism and obesity for use by health care providers and researchers. The journal publishes the latest news on advances in these fields and current research studies. It was formerly known as *Diabetes / Metabolism Reviews*. It's abstracted and indexed in numerous databases including Biological Abstracts, Medline, Science Citation Index and SCOPUS.

Diabetes Obesity and Metabolism

Monthly

Professional

John Wiley and Sons, Chichester, U.K.

[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1463-1326](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1463-1326)

Diabetes, Obesity & Metabolism is primarily a journal of clinical and experimental pharmacology and treatment covering the interrelated areas of diabetes, obesity and metabolism. The journal publishes original research that reports on the effects of new or existing therapies, including dietary, exercise and lifestyle interventions, in humans or animal and cellular systems. Original research may be published as a main paper or as a research letter. The journal also publishes review articles that provide analysis of any aspect of drug therapy relevant to patients with diabetes, obesity or metabolic disorders as well as letters and manuscripts describing new hypotheses or clinical trial protocols.

Abstracting and Indexing Information can be found in many places including Academic Search Premier, CSA Biological Sciences Database, Current Contents: Clinical Medicine, Global Health and MEDLINE (NLM).

Diabetes Spectrum

Quarterly

Professional

American Diabetes Association, Alexandria, Virginia

<http://spectrum.diabetesjournals.org>

The goal of *Diabetes Spectrum* is to assist health care professionals in providing individualized treatment and self-management education to their patients. The journal contains peer-reviewed original research and review articles in diabetes prevention and management, patient education, medical nutrition therapy, pharmacy and therapeutics. Selected diabetes care topics are explored in the section From Research to Practice. The primary focus is on translating current research findings into practical clinical applications.

Diabetes Update

Quarterly

Professional

British Diabetic Association, London, U.K.

<http://www.diabetes.org.uk/Professionals/Publications-reports-and-resources/Diabetes-Update/>

This journal is free to professional members of Diabetes U.K. who work in the fields of healthcare and research. The journal contains news, research findings, fact sheets and treatment overviews. Limited content from present and past issues is available to view for free online.

Diabetes Voice

Quarterly

Professional/Academic

Verlag Kirchheim, Mainz, Germany

<http://www.diabetesvoice.org>

This journal covers the latest developments in diabetes care, education, prevention, research and health policy for the benefit of healthcare providers, educators and dietitians. This is the official bulletin of the International Diabetes Federation.

Diabetic Medicine

Monthly

Professional

John Wiley and Sons, Chichester, U.K.

[http://onlinelibrary.wiley.com/journal/10.1111/\(ISSN\)1464-5491](http://onlinelibrary.wiley.com/journal/10.1111/(ISSN)1464-5491)

Diabetic Medicine publishes comprehensive reviews and original articles on clinical research and practice in diabetes. Issues also regularly include case reports, editorials, comment, news and correspondence. All material is peer-reviewed. The journal is a forum where there is an exchange of ideas between clinicians and researchers from all over the world. Abstracting and Indexing Information can be found in many places including Academic Search Premier, Current

Contents: Clinical Medicine, Global Health, Health Source Nursing/Academic, Medline and Science Citation Index

Diabetologia: Clinical and Experimental Diabetes & Metabolism Monthly

Professional

Springer, Berlin, Germany

<http://www.springer.com/medicine/internal/journal/125>

Diabetologia, which began publication in 1965, publishes original clinical and experimental research in the field of diabetes. They also publish editorials, commentaries, debates and reviews from worldwide sources. The journal is available in print and online and is abstracted and indexed in numerous databases including Science Citation Index, PubMed / Medline, SCOPUS and Global Health.

DOC News

Monthly

Professional

American Diabetes Association, Alexandria, VA

<http://docnews.diabetesjournals.org/content/by/year>

The journal's title stands for diabetes, obesity and cardiovascular disease. It was published by the American Diabetes Association from August 2004 to January 2008 and now articles are available for free online from their website. It was used by healthcare providers to stay current on the latest methods of prevention and treatment of diabetes as well as obesity and cardiovascular disease. The journal published articles about clinical trials, scientific meetings and findings of the American Diabetes Association. The articles are searchable through the website.

Endocrine News

Monthly

Professional

Endocrine Society, Chevy Chase, MD

http://www.endo-society.org/endo_news/

As the title implies this journal is used mainly by endocrinologists. The journal includes articles dealing with new research findings, research briefs, public policy issues, reviews and editorials. The journal regularly includes information regarding advances in the prevention and treatment of diabetes.

Endocrine Practice

Bimonthly

Professional / Academic

American College of Endocrinology / American Association of Clinical Endocrinologists, Jackson, FL

<https://www.aace.com/publications/endocrine-practice>

This peer reviewed journal's primary mission is to enhance the health care of patients with endocrine diseases, including diabetes, through continuing education of practicing

endocrinologists. It's available online and in print. It's the official journal of the American College of Endocrinology and the American Association of Clinical Endocrinologists.

Endocrine Today

Monthly

Professional

Slack Inc., Thorofare, NJ

<http://www.healio.com/endocrinology>

This journal is available in print and online. The journal's goal is to be the global information source for endocrine professionals. They achieve that by publishing timely, accurate, and authoritative reports on clinical issues and clinically relevant information regarding medical therapies. *Endocrine Today* contains peer reviewed articles about original science and clinical studies regarding all Types of endocrine related conditions. Articles related to diabetes make up a large portion of this journals content.

European Diabetes Nursing

Three issues per year

Professional

John Wiley and Sons, Chichester, U.K.

[http://onlinelibrary.wiley.com/journal/10.1002/\(ISSN\)1551-7861](http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)1551-7861)

This is the official journal of the Federation of European Nurses in Diabetes.

The aim of this journal is to present information about clinical practice, policy, research and systems of care specifically for nurses who work in diabetes care across Europe. The journal is nurse-led, multidisciplinary in scope and publishes a mixture of original research, reviews, case reports, conference reports and political comment. The main focus is nurses who work in diabetes across Europe. Articles submitted to *European Diabetes Nursing* are peer reviewed and must not have been published elsewhere. The journal is abstracted and indexed in numerous databases including BNI: British Nursing Index, CINAHL: Cumulative Index to Nursing & Allied Health Literature, Psychological Abstracts/PsycINFO and SCOPUS.

Insulin

Quarterly

Professional/Academic

Excerpta Medica Inc., Bridgewater, NJ

<http://www.sciencedirect.com/science/journal/15570843>

Insulin is a peer-reviewed, clinically oriented journal covering the latest advances in insulin related disorders. Articles in this journal deal with clinical care and new therapies for diabetes patients as well as the management of diabetes related complications. This information is provided to guide the development of treatment decisions. The journal also features editorials, case studies and patient handouts and would be of interest to family practitioners, diabetes educators, and other health care professionals.

Pediatric Diabetes

Eight times per year

Professional

Blackwell Publishing, Oxford, UK

www.blackwellpublishing.com/pdi

Pediatric Diabetes is the official journal of ISPAD, the International Society for Pediatric and Adolescent Diabetes. This is the only international society that concentrates specifically on childhood diabetes. The journal contains articles relating to the epidemiology, etiology, pathogenesis, management, complications and prevention of diabetes in childhood and adolescence. Original research using human and animal clinical studies are accepted for publication. This journal is abstracted and indexed in numerous databases including, Academic Search Premier, Current Contents, Embase, Journal Citation Reports/Science Edition, Medline and Science Citation Index.

Practical Diabetes

Nine issues per year

Professional

John Wiley and Sons, Chichester, U.K.

[http://onlinelibrary.wiley.com/journal/10.1002/\(ISSN\)2047-2900](http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)2047-2900)

The journal publishes commentaries, original articles, reviews, short reports and drug notes on any aspect of clinical diabetes care from all over the world. Healthcare providers are the primary audience. The articles submitted for publication are all independently peer reviewed and they may not have been published elsewhere. Those who submit articles for publication can choose to also make them available for free online with the journal's open access option, Online Open. The journal is abstracted and indexed in numerous databases including, CAB Abstracts, Embase, EMNursing, Global Health and SCOPUS.

Practical Diabetes International

Eight times per year

Professional

John Wiley & Sons, Chichester, UK

[http://onlinelibrary.wiley.com/journal/10.1002/\(ISSN\)1528-252X/issues](http://onlinelibrary.wiley.com/journal/10.1002/(ISSN)1528-252X/issues)

The journal *Practical Diabetes International* deals with the clinical science and practice of diabetes medicine. The audience for this journal includes all professionals in the healthcare team who deliver diabetes care. The journal accepts original papers, case reports, practice points, and letters on any aspect of clinical diabetes care from any part of the world. The journal also publishes review articles and educational and training series. All articles are independently peer reviewed. Submissions must not have been published or submitted elsewhere. The journal is abstracted and indexed in numerous databases including, CAB Abstracts, Embase, EMNursing Global Health Nutrition Abstracts & Reviews Series A: Human & Experimental and SCOPUS.

Practical Diabetology

Quarterly

Professional

R.A. Rapaport Publishing, New York, NY

<http://www.practicaldiabetology.com>

This journal provides physicians with practical information regarding the care and treatment of diabetes patients. Articles deal with all aspects of diabetes and its complications but they are practical rather than theoretical in nature. Articles are designed to be easy to read and understood and the content easily put into daily practice. Submissions are peer reviewed and must not have been previously published.

e-Newsletters

American Diabetes Association

http://main.diabetes.org/site/PageServer?pagename=EM_signup

Daily, weekly, monthly, and quarterly e-Newsletters for health care professionals and consumers include news, lifestyle articles, book reviews, and advocacy information. The ADA is the nation's leading nonprofit health organization providing diabetes research, information, and advocacy.

Diabetic Living

<http://www.diabeticlivingonline.com>

Weekly e-Newsletter from Diabetic Living magazine includes recipes with nutritional information.

diaTribe

<http://www.diatrube.us/issues>

Monthly, independent, advertising-free e-Newsletter provides information about diabetes research and products, including drugs, devices, and treatments.

International Diabetes Federation

<http://www.idf.org/idf-newsletter>

Quarterly e-Newsletter includes interviews, research, and advocacy information from around the world. The IDF is associated with the United Nations Department of Public Information and is in official relations with the World Health Organization.

National Diabetes Education Program

<http://ndep.nih.gov/partners-community-organization/news-notes>

News & Notes, a monthly e-Newsletter for program partners, health care providers, and community organizations provides updates about NDEP activities. NDEP is sponsored by the U.S. Department of Health and Human Services' National Institutes of Health and the Centers for Disease Control and Prevention.

Taking Control of Your Diabetes

<http://www.tcoyd.org/landing/my-tcoyd-newsletter-2012.html>

Quarterly e-Newsletter includes articles on managing diabetes and current research. TCOYD is a nonprofit organization dedicated to educating and motivating people with diabetes to take a more active role in their condition.

Social Media

Connect with other “persons with diabetes” (PWD) or caregivers for PWDs. Social media sites are not reliable sources for medical information.

American Diabetes Association - Connect with Others

http://community.diabetes.org/?loc=header_connect

Join the conversation with others in the community forum to get support, discuss diabetes issues, and follow diabetes blogs.

Children with Diabetes Blogs

<http://www.childrenwithdiabetes.com/people/blogs.htm>

Join in or follow blogs from parents with kids with diabetes, adults with diabetes and non-English diabetes blogs.

dLife

<http://www.dlife.com>

dLife has links to “everything diabetes,” food & fitness, video, meet others and resources.

Diabetes Blog Directory

<http://diabetesblogs.com/blogs/>

Diabetes Daily

<http://www.diabetesdaily.com/>

Great place to look for recipes with information about the carbohydrate content in each serving. The site also offers social media connections for groups, forums and blogs.

Diabetes Social Media Advocacy

<http://diabetessocmed.com/>

“Diabetes Social Media Advocacy (DSMA) is involved with and promotes social media in all its forms to empower people affected by diabetes and to connect them with each other to foster support and education.” An online chat takes place on Twitter on Wednesday nights at 9 p.m. and is identified with the hashtag #dsma. Continue the conversation on BlogTalkRadio at: <http://www.blogtalkradio.com/diabetessocmed> on Thursday nights at 9 pm.

Islets of Hope

http://www.isletsofhope.com/diabetes/support/discussion_groups_1.html

Support & Discussion Lists for diabetes patients and care givers.

Juvenation (Type 1)

<http://juvenation.org>

The Juvenile Diabetes Research Foundation (JDRF) created a webpage to support social media interaction with the Type 1 diabetes community. It includes links to groups, forums, resources, videos and blogs.

Manage Your Diabetes

<http://tcoyd.myucsd.tv/2012/08/20/this-week-using-social-media-to-help-manage-your-diabetes/>

MyDiabeticFriends

<http://www.mydiabeticfriends.com>

A free community and support group for diabetics, their families, healthcare professionals and anyone that wants to help create awareness.

T1D Exchange

<http://www.t1dexchange.org>

T1D Exchange connects the research community with people with Type 1 diabetes through a biorepository, a clinical registry and glu.

TuDiabetes

<http://www.tudiabetes.org>

TuDiabetes is an active social network for people with diabetes and their families. It offers discussion groups, photo sharing, information about equipment and supplies, and especially mutual support from others who understand the condition. Links are provided to general information, forum discussions, helpful groups, videos and other resources for various categories including newly diagnosed, Type I, Type II, other Types, nutrition and recipes, control your diabetes and diabetes complications. Registration is required and donations to the Diabetes Hands Foundation are accepted.

Welcome to My Diabetic Life

www.welcometomydiabeticlife.com

Suffolk County resident, Liz Breiner, blogs about diabetes. She also includes a list of other diabetes blogs that she follows.

Self-Management Education

Free Diabetes Education classes offered by Cornell Cooperative Extension and the Suffolk County Department of Health are offered in Wyandanch, Patchogue and Amityville. Call Laurie Wells for more information or to register. 631-727-7850, ext. 340. Seating is limited.

AGENCIES & ASSOCIATIONS

Federal Government Agencies:

National Institutes of Health, United States, Department of Health and Human Services:

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

Office of Communications & Public Liaison

NIDDK, NIH

Bldg 31, Rm 9A06

31 Center Drive, MSC 250

Bethesda, MD 20892-2560

(301) 496-3583

<http://www.niddk.nih.gov>

Director: Griffin P. Rodgers, MD, MACP

According to the website, the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) “conducts and supports basic and clinical research on many of the most serious diseases affecting public health.” Resources for both the public and scientific communities include health and disease topics, and clinical trial information. Its programs include two national health education services: *the National Diabetes Education Program (NDEP)*, and *the National Diabetes Clearinghouse (NDIC)*.

National Diabetes Education Program (NDEP)

One Diabetes Way

Bethesda, MD 20814-9692

E-mail web form to subscribe to current news

<http://ndep.nih.gov/>

The National Diabetes Information Clearinghouse, according to its website, “translates the latest science and spreads the word that diabetes is serious, common, and costly, yet *controllable* and, for Type 2, *preventable*”. The website features publications and resources for people with Type 2 diabetes, its prevention and management, diabetes facts, and evidence-based booklets and tool kits.

National Diabetes Information Clearinghouse (NDIC)

1 Information Way

Bethesda, MD 20892-3560

Tel: 800-860-8747; TTY: 866-569-1162

Fax: 703-738-4929

E-mail: ndic@info.niddk.nih.gov; and e-mail web form to subscribe to e-news

<http://www.diabetes.niddk.nih.gov/>

The National Diabetes Information Clearinghouse seeks to increase knowledge and understanding about all Types diabetes among patients, health professionals, and the general public. The website features resources about complications, treatment modalities, clinical trials, guidelines, and research reports as well as providing statistical information, health information services and educational programs.

National Library of Medicine – Medline Plus Health Information

National Library of Medicine

8600 Rockville Pike

Bethesda, MD 20894

E-mail web form to subscribe for updates

<http://www.nlm.nih.gov/medlineplus>

This consumer-oriented website features the latest news and information about various health topics, including diabetes. It also provides easy access in multiple languages to medical dictionaries, publications, and directories. The “Popular Searches” section features a treasure trove of information about all Types diabetes. Filters can be used on the website to refine searches by keyword or by resources to locate specific resources and sources.

National and Suffolk County Non-Profit Agencies and Associations

American Diabetes Association

In Suffolk County:

534 Broadhollow Rd.

Suite LLIO

Melville, NY 11747

Office Hours: Monday-Friday, 8:30AM-5PM

Tel: (631) 348-0422; 1-88-342-2383, ext. 3489

Fax: (631) 531-8020

Website: www.diabetes.org/in-my-community/

The website of the Suffolk County chapter of the American Diabetes Association features a tab, “Contact with Others,” to locate local support groups. The chapter also sponsors diabetes clubs, seminars, and symposia and includes a calendar about upcoming local events.

American Diabetes Association

701 N Beauregard Street

Alexandria, VA 22311-1717

(703) 549-1500

webmaster@diabetes.org

<http://www.diabetes.org>

Promotes research, information, and advocacy in line with their mission to “prevent and cure diabetes and to improve the lives of all people affected by diabetes.” Website includes information on diabetes basics, living with diabetes, food and fitness, community programs, advocacy, news and research, and more.

Brookhaven Memorial Hospital

<http://brookhavenhospital.org/services>

Sponsors both the Diabetes Self-Management Education Program and the Diabetes Club:

The Diabetes Club

103 West Main Street

Patchogue, NY 11772

(631) 654-7778

Adults and children

Meets 7:30-9:30 PM every third Tuesday except July, August, December

No cost

The Diabetes Self-Management Education Program

Diabetes Wellness Center

33 Medford Avenue (Route 112)

East Patchogue, NY 11772

(631) 687-4188 to receive the registration packet and to be placed on the mailing list

Audience: Adults

Registration and a doctor's referral are required

Cornell Cooperative Extension of Suffolk County

Website: www.ccesuffolk.org

Tel: (631) 727-7850, ext. 332

Audience: Adults and children

E-mail: no18@cornell.edu

Contact: Nancy Olsen-Harbich, MA, Family Health & Wellness Program Director

Sponsors, in cooperation with the Suffolk County Department of Health Services, free four week adult diabetes self-management classes throughout Suffolk County. In cooperation with Families with Diabetes, it sponsors the Robert K. Sweeney Summer Fun Diabetes Camp, a two-week day camp located at the Suffolk County Farm and Education Center in Yaphank, NY. It is open to children ages 5-10 years old from 9AM-2PM daily. According to the website, "children meet and become friends with other children living with diabetes." Cost is minimal. For more information about camp activities and how to register, call (631) 852-4959.

Diabetes Resource Coalition of Long Island

Cornell Cooperative Extension of Suffolk County

423 Griffing Avenue, Suite 100

Riverhead, NY 11901-3071

Susan Wilk, Co-Director

(631) 727-7850 ext 385

srw32@cornell.edu

<http://www.longislanddiabetes.org>

An alliance of community based organizations, agencies, businesses and health care professionals that aim to "maximize the use of community resources dedicated to the prevention, identification and treatment of diabetes on Long Island." Website provides an overview of diabetes, support groups, upcoming events, and resources arranged by community, education, professionals, and vendors.

Joslin Diabetes Center

1 Joslin Place
Boston, MA 02215
(617) 309-2400
diabetes@joslin.harvard.edu
<http://www.joslin.org>

Local affiliate:

Affiliate at SUNY Upstate Medical University
3229 East Genesee Street, Suite 1
Syracuse, NY 13214
(315) 464-5726

A teaching and research affiliate of Harvard Medical School, the Joslin Diabetes Center conducts diabetes research, as well as provides clinical care and education. Website includes information about diabetes, adult and pediatric programs and services, research, news, etc.

Juvenile Diabetes Research Foundation (JDRF)

26 Broadway
New York, NY 10004
(800) 533-CURE (2873)
info@jdrf.org
<http://www.jdrf.org>

Local office:

532 Broadhollow Road, Suite 118, Melville, NY, 11747
(631) 414-1126

Focuses on research funding and advocacy as a means to find the cure, treatment, and prevention of Type 1 diabetes (T1D). Website includes research highlights, grant and fellowship opportunities for scientists, advocacy issues and campaigns, information of living with diabetes, and more.

National Diabetes Education Program

One Diabetes Way
Bethesda, MD 20814-9692
1-888-693-NDEP (6337)
Email: online form
<http://ndep.nih.gov>

A partnership between the National Institutes of Health, Centers for Disease Control and Prevention, and more than 200 public and private organizations that aim to “improve the treatment and outcomes for people with diabetes, promote early diagnosis, and prevent or delay the onset of Type 2 diabetes.” Website includes information on steps to control diabetes, publications, diabetes facts, resources for professionals, etc.

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

NIDDK, NIH
Bldg 31, Rm 9A06

31 Center Drive, MSC 2560
Bethesda, MD 20892-2560
(301) 496-3583
Email: online form
<http://www2.niddk.nih.gov>

Conducts and supports medical research and disseminates science based information on diabetes and other endocrine and metabolic diseases. Website provides information on related health topics, campaigns and programs, funding and research opportunities for scientists, clinical trials for patients, health education resources and publications, news, and more.

Department of Veterans Affairs Medical Center at Northport
79 Middleville Road (118OPT)
Northport, NY 11768
(631) 261-4400
<http://www.northport.va.gov>

Services: Diabetes Self-Management and Education Outpatient Program

Diabetes Resource Coalition of Long Island
Website: www.longislanddiabetes.org/support.htm

The purpose of this website is for locating current information, educational resources, and support groups for adults, teens, and children for all Types of diabetes throughout Long Island.

Diabetes Care Center/Catholic Health Services of Long Island
1895 Walt Whitman Road
Melville, NY 11747
(631) 577-3434
<http://chsli.org>

Services: The Diabetes Care Centers' Adult Outpatient Self Management Programs

Good Samaritan Hospital Medical Center
144 Sunrise Highway
West Islip, NY 11795
(631) 376-4223
<http://goodsamaritan.chsli.org>

Audience: Support groups for adults and children
Contact: Susan Propper, MS, RD, CDE at (631) 376-4049

Services: **The Diabetes Under Control Club (DUCC)** is an educational adult support group. Meetings are held every third Thursday of the month from March to June and from September to December in the Hospital's Guild Conference Center, at 7:30 PM. Each month, meetings feature guest speakers who provide information to help better manage their diabetes. The **Good Samaritan Hospital Children's Diabetes Support Group** is the group for children between 5-12 years old who attend with family members. Meets on the third Tuesday of the month at 6:30 PM at Home Care America in West Islip. Individual counseling is offered for gestational diabetes and juvenile diabetes. Most insurance accepted.

Huntington Hospital Diabetes Education Series

Dolan Family Health Center

284 Pulaski Road

Greenlawn, NY 11740

E-mail: vsmith@hunthosp.org

<http://www.hunthosp.org/centers/dolan.html>

Contact Program Coordinator: Virginia Smith, RN, NP, CDE

Tel: (631) 547-7179

Audience: Adults, children, newborn, toddlers in English, Spanish, and French. Includes prenatal care
Meets the third Thursday of each month in the Dolan Family Health Center, September-June (except during the months of July and August). Lecture is from 7-8 PM.

A diabetes educator will be available to answer questions prior to each lecture about diabetes self-management. Multidisciplinary services provided by medical and allied health professionals as well as by support staff.

Cost: Accepts Medicare, Medicaid and private insurance. Co-payment is expected at time of service.

Joslin Diabetes Center and Joslin Clinic

One Joslin Place

Boston, MA 02215

(617) 309-2400 for general information and appointments

E-mail: diabetes@joslin.harvard.edu

Web form e-mail included on website to sign up for newsletters

Website: www.joslin.org

Affiliated with the Harvard Medical School, the Joslin Diabetes Center and Joslin Clinic is a leading national teaching and research institution in diabetes. It is in the forefront of the latest biomedical research in all Types diabetes, and its programs include recent research, medical care, as well as educational support for both adult and pediatric Types diabetes.

Juvenile Diabetes Foundation

Long Island Chapter:

900 Wheeler Road,

Suite 225

Hauppauge, NY 11788

Tel: (631) 724-9217

Fax: (631) 724-9232

E-mail: longisland@jdrf.org

Website: www.jdrf.org/longisland

Services: The Juvenile Diabetes Foundation sponsors outreach and support groups for adults, teens, and children with Type 1 diabetes.

Southampton Hospital

240 Meeting House Lane

Southampton, NY 11968

(631) 726-8916

<http://www.southamptonhospital.org>

Service: Diabetes Basics and Beyond Outpatient Self-management Program

Southside Hospital

301 Main Street

Bay Shore, NY 1706

Tel: (631) 968-3747

Fax: (631) 968-3529

<http://www.northshorelij.com>

Contact: Loriann Gross, NP for further information

Audience: Adults and children

Time: 6:30 PM-8:30 PM

Meets on the third Wednesday of each month at Boardroom 1 & 2

Cost: Free

Service: Diabetes Self Management Education and Support Group

St. Catherine of Sienna Medical Center

Route 25A

Smithtown, NY

(631) 724-7022

<http://stcatherines.chsli.org>

Contact: Sally Economo for further information

Service: The Good Life After Diabetes (G.L.A.D), a support group sponsored by the American Diabetes Association

Audience: All adult persons with diabetes and their family members

Time: 9:30 AM-11:30 AM on the third Saturday of each month, except January, February, and July

Location: Lower level of the professional building

St. Charles Hospital & Rehabilitation Center/Catholic Health Services of Long Island

200 Belle Terre Road

Port Jefferson, NY 11777

(631) 474-6449

<http://www.stcharles.org>

Service: The Diabetes Care Centers' Adult Outpatient Self-Management Programs

Cost: Most insurance providers, including Medicare, cover the cost of diabetes education. A referral from your physician may be necessary.

The Diabetes Education Program includes dietitians, nurses, and psychologists and provides quality self-management training.

Stony Brook Diabetes Center

26 Research Way

East Setauket, NY 11733

(631) 444-0580 to make an appointment or to refer a patient

(631) 444-9954 for specific questions regarding the comprehensive diabetes self-management program

<http://www.stonybrookmedicalcenter.org/diabetes>

Contact: Mary Rieff, RN, CDE, coordinator of the Diabetes Education Program

Cost/Insurance Plans: Participating providers in the NYS Empire (NYSHIP) Plan

Services: Multidisciplinary evaluation and management that includes comprehensive diabetes self-management training.

Websites

American Diabetes Association

<http://www.diabetes.org>

CalorieKing (fast food chains)

<http://calorieking.com>

An easy reference to use to count calories and grams of carbohydrate, fat and protein. The nutritional value of menu items in fast food chains are updated every year.

Children with Diabetes

<http://www.childrenwithdiabetes.com>

Diabetes Resource Coalition of Long Island

<http://www.longislanddiabetes.org/index.htm>

Fooducate (food choice info)

<http://www.fooducate.com>

Insulin Pumpers

<http://www.insulinpumpers.org>

Islets of Hope- Diabetes Resources - Directory & Links

http://www.isletsofhope.com/diabetes/resources/directory_1.html

Joslin Diabetes Center

<http://www.joslin.org>

Juvenile Diabetes Research Foundation

<http://www.jdrf.org>

Medtronic Diabetes

<http://www.medtronicdiabetes.net>

National Diabetes Education Program

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

National Diabetes Information Clearinghouse
<http://diabetes.niddk.nih.gov/index.aspx>

Riding on Insulin- Sean Busby's ski and snow
<http://www.ridingoninsulin.org>
snow board camps for kids

Financial Assistance

CR3 Diabetes Association (insulin pumps)
<http://www.cr3diabetes.org/Home.aspx>

National Diabetes Information Clearinghouse
<http://diabetes.niddk.nih.gov/dm/pubs/financialhelp/>

Food Discounts

Waldbaum's Health & Fitness produce discount- Sign up at the pharmacy in your local Waldbaums store.
Registration fee required.

Listsersvs:

The Center for Disease Control (CDC)-Women and Diabetes
<http://www.cdc.gov/diabetes/projects/listserv.htm>

Intended for professionals who have interests in both diabetes and women's health.

Blogs:

Diabetes Mine

<http://www.diabetesmine.com/category/advocacy-2/diabetes-blogs-and-web-stuff>

Personal commentary for those with Diabetes.

TuDiabetes

<http://www.tudiabetes.org/>

A community of people touched by Diabetes, a program of the Diabetes Hands Foundation.

Websites

Diabetic Connect

<http://www.diabeticconnect.com/>

Fresh information and real support. Social Network for Health Condition.

Diabetes Social Media Advocacy (DSMA)

<http://diabetessocmed.com/>

Incorporates social media with awareness and advocacy.

Diabetes Resource Coalition of Long Island

<http://www.longislanddiabetes.org/>

The mission of the organization is to educate and raise awareness regarding preventative and treatment methods.

Diabetes Daily

<http://www.diabetesdaily.com/>

Designed to incorporate social networks to read from others and write of one's story, tips, advice.

Forums:

dLife

<http://diabetescommunity.dlife.com/go/forum/viewboard>

Message boards, blogs, and groups to join.

DVDs

Moving forward with diabetes: insights from parents of children with diabetes. (2007) Length: 72 minutes. Lake Oswego, OR: Arnold Creek Productions. 854628001099. \$30.00.

Stories, advice, and reassuring messages from parents of children diagnosed with diabetes.

Mayo Clinic wellness solutions for diabetes. (2007) Length: 92 minutes. Rochester, MN: Mayo Clinic. 9780766231860. \$13.99.

Understanding your condition; eating well to feel well; soothing therapies.

A new approach to nutrition for diabetes. (2008) Length: 2 hours, 56 minutes. Washington, DC: Physicians Committee for Responsible Medicine. 9780966408164.

Eight lessons show a new dietary approach for turning the disease around through a low fat-vegan diet and cover diabetes care from head to toe. Also includes food demonstrations that show ideas for meals.

Simply raw: reversing diabetes in 30 days. (2008) Length: 90 minutes. Santa Monica, CA: Raw for Thirty LLC. \$29.95

Chronicles six Americans with diabetes who switch to a diet consisting entirely of vegan, organic, live, raw foods in order to reverse diabetes naturally. The participants are challenged to give up meat, dairy, sugar, alcohol, nicotine, caffeine, soda, junk food, fast food, processed food, packaged food, and even cooked food--as well as go without their loved ones and many of their creature comforts for 30 days.

Tackling diabetes. (2009) Length: 150 minutes. Detroit, MI: DPTV Media.796239029369. \$10.49.

Dr. Neal D. Barnard discusses an approach to managing diabetes that establishes a new style of eating which engages four food groups: vegetables, fruits, whole grains, and legumes.

You can't catch diabetes from a friend. (2008) Length: 10 minutes. New York, NY: Juvenile Diabetes Research Foundation. B004FG2P2G. \$10.00.

Seven individuals aged 8-17 talk about their experience living with Type 1 diabetes, joined by two parents who share their perspectives.

Audiobooks

Barnard, Neal D. *Dr. Neal Barnard's program for reversing diabetes: the scientifically proven system for reversing diabetes without drugs.* Grand Haven, MI: Brilliance Audio, 2012. 9781455871445. 8 sound discs. \$59.97.

Dr. Barnard has shown that it is possible to repair insulin function and reverse Type 2 diabetes. By following his scientifically proven, life-changing program, diabetics can control blood sugar three times more effectively than with the standard diet; and cut back on and in some cases eliminate medications while reducing the risk of diabetes complications.