

Learn more about Diabetes

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Websites

diabetes.org The American Diabetes Association website includes Diabetes 101 information, diabetic recipes and access to the *Diabetes Forecast* magazine.

diabetes.niddk.nih.gov The National Diabetes Information Clearinghouse (NDIC) is an information dissemination service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The website includes information on clinical trials and statistics on diabetes.

medlineplus.gov MedlinePlus is provided by the National Library of Medicine. Type “diabetes” in the search box for a listing of many authoritative links, including several interactive tutorials.

ndep.nih.gov The National Diabetes Education Program is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations. This website includes links to many downloadable publications.

cdc.gov/diabetes The CDC’s Division of Diabetes Translation translates diabetes research into daily practice to understand the impact of the disease, influence health outcomes and improve access to quality health care.

Local resources

aurora.org Click on the **Classes & Events** tab. Search using the keyword “diabetes” to see any current Aurora classes or support groups in your area. You may also call 888-863-5502 for the most current list of diabetes educators and dietitians.

Wisconsin American Diabetes Association: 375 Bishop’s Way, Suite 220, Brookfield, WI, 53005, 414-778-5500

Books

Complete guide to carb counting: how to take the mystery out of carb counting and improve your blood glucose control by Hope S. Warshaw, American Diabetes Association, 2011, ISBN 9781580404365, \$15.30. This book provides you with the knowledge and the tools to put carbohydrate counting into practice. You’ll learn the amount of carbs to eat and how to count the carbohydrates in meals.

Eat What You Love, Love What You Eat with Diabetes: A Mindful Eating Program for Thriving with Prediabetes or Diabetes by Megrette Fletcher, New Harbinger Publications, 2012, ISBN 9781608822454, \$14.50. This book helps readers discover how eating and physical activity affect their blood sugar so that they can make decisions that support their good health without sacrificing delicious meals or dinner out with friends.

The Official Pocket Guide to Diabetic Exchanges: Choose Your Foods by the American Diabetes Association 3rd edition 2011, ISBN 9781580404457, \$4.00. This is the pocket version of the American Diabetes Association Exchange Diet Plan. It takes all of the information from the original and packages it in a format that’s perfect for trips to the grocery store or a meal at a restaurant.

The Everything Guide to Managing and Reversing Pre-Diabetes: Your complete plan for preventing the onset of Diabetes by Grethcen Scalpi, Adams Media 2011, ISBN 9781440509858, \$6.40. This book provides the information for you to make changes in your diet and lifestyle with easy steps and without being overly restricted.

Diabetes A to Z: What You Need to Know About Diabetes, Simply Put by the American Diabetes Association, 2012, ISBN1580403298, \$16.95. Clear explanations of major diabetes issues arranged A to Z for easy browsing.

Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.