



Diabetes Resources

Information about diabetes has always been easy to find. Reliable and accurate information on diabetes has not always been easy to find. The following directory is meant to supply reliable sources of information for the public on diabetes care, news and developments.

Diabetes Organizations Websites:

American Diabetes Association: User-friendly site with a variety of information on diabetes care. (800-806-7801) www.diabetes.org

CDC Diabetes Public Health Resources: Has separate personal and professional pages for diabetes information. Many more reliable links can be found on this site. (877-CDC-DIAB) www.cdc.gov/diabetes

FDA Diabetes Website: Comprehensive diabetes resource site listing recent diabetes news, recalls of both medications and products. (888-INFO-FDA) www.fda.gov/diabetes

Insulin Pumpers: Support and information for children and adults with diabetes, especially those with Type 1 diabetes. (408 942-7300) <http://www.insulin-pumpers.org/>

Joslin Diabetes Center: Patient-centered education site with many resources including free online diabetes education classes. This site also offers diabetes discussion boards. (617-732-2400) <http://www.joslin.org/index.htm>

National Diabetes Education Program: Information for the professional or anyone who is providing diabetes education or diabetes presentations. (301-496-3583) <http://ndep.nih.gov/>

National Diabetes Information Clearinghouse: Many easy to read articles and publications on diabetes including an A to Z list of diabetes topics. (800-860-8747) <http://diabetes.niddk.nih.gov/>

National Institute of Diabetes & Digestive & Kidney Diseases: Excellent resource with much information on diabetes, kidney disease, weight control and digestive diseases. (301.496.3583) www.niddk.nih.gov

Pediatric Diabetes Organizations Websites:

Children With Diabetes: Online community for children, families and adults with diabetes. Site also has excellent online resources and connections to others with diabetes providing practical information. www.childrenwithdiabetes.com/index_cwd.htm

Juvenation: An online community for children, teens and young adults with diabetes to connect and talk with others with diabetes. http://juvenation.org/user/cs_idrf_home/#

Juvenile Diabetes Foundation: The Juvenile Diabetes Research Foundation International helps raise funds for and conducts research into juvenile diabetes. (800-533-CURE) www.jdf.org

Colony Drug & Wellness Center 2810 Robert C. Byrd Drive Beckley, WV 25801 (304) 252-5305

Diabetes Software:

Most all of the major meter companies and the insulin pump companies offer software and the necessary hardware to download their equipment to a personal computer. This software will generally gather and categorize the download as well as chart it in a form that allows simpler pattern recognition. The company website will generally list instructions for obtaining the necessary equipment as well as how to use it.

Diabetes Management Center: <http://www.diabetesmgtcenter.com/>

Diabetes Mall: http://www.diabetesnet.com/diabetes_technology/software.php

Diabetes Online – DiabetesWorks for Windows: <http://www.diabetesonline.com/>

Mendoza.com: an excellent list of software. <http://mendoza.com/software.htm>

Diabetes Recipe Sites:

Many recipes are available online for free. The following sites all have extensive libraries of recipes that can be incorporated into a healthy lifestyle for diabetes. Some recipes are submitted by users while others are submitted by professionals or come out of cookbooks.

Children with Diabetes Recipes <http://www.childrenwithdiabetes.com/recipes/>

Diabetic Gourmet diabeticgourmet.com

Diabetic Recipes www.diabetic-recipes.com

Diabetes Self-Management Recipes <http://www.diabetesselfmanagement.com/recipes/>

Equal Recipes www.equal.com

Recipe Source Online Diabetes www.recipesource.com/special-diets/diabetic/

Splenda Recipes www.splenda.com

Recipe Books:

Most if not all these recipe and cookbooks can be purchased from Amazon or Borders. Many are also available from their associated websites like ADA and Joslin.

Betty Crocker Diabetes Cookbook: Everyday Meals, Easy as 1-2-3. Betty Crocker Editors & International Diabetes Center. Betty Crocker Publishing.

The Joslin Diabetes Quick and Easy Cookbook. Frances T. Giedt, Bonnie S. Polin, PhD. Joslin Diabetes Center. Fireside Books.

One Pot Meals for People with Diabetes. Ruth Glick and Nancy Baggett. American Diabetes Association.

The 4-Ingredient Diabetes Cookbook. Nancy S. Hughes. American Diabetes Association.

The New Family Cookbook for People with Diabetes. The American Diabetes Association and the American Dietetic Association. Revised 2007.

The Ultimate Diabetes Meal Planner. Jaynie F. Higgins, A.C., C.P.T., and David Groetzinger. American Diabetes Association.