

Diabetes Resources (WK 800s) at the Kreamer Resource Center for Families



BOOKS FOR PARENTS AND TEACHERS

- American Diabetes Association - Complete Guide to Diabetes
- American Medical Association guide to living with diabetes: preventing and treating type 2 diabetes: essential information you and your family need to know
- Beaser - The Joslin guide to diabetes: a program for managing your treatment
- Betschart--Diabetes Care for Babies, Toddlers, and Preschoolers
- Betschart--In Control: A Guide for Teens with Diabetes
- Block--The Best Year of My Life Book 1: Getting Diabetes
- Block--Making the Best of Life Book 2: Learning to Live with Diabetes
- Brand-Miller - The new glucose revolution pocket guide to childhood diabetes
- Bryer-Ash--100 questions & answers about diabetes
- The Children's Diabetes Center Guide for Making Diabetes Live with You
- Colberg--Diabetes-Free Kids: A Take-Charge Plan for Preventing and Treating Type 2 Diabetes
- Daneman--When a child has diabetes
- Diabetes A to Z: what you need to know about diabetes, simply put
- Drum - The type 2 diabetes sourcebook
- Essert - My life as a pancreas: reflections on raising a child with diabetes
- Hargrave-Nykaza - My child has diabetes: a parent's guide to a normal life after diagnosis
- Hayes--Necessary Toughness (personal narrative)
- Hieronymus - 101 tips for raising healthy kids with diabetes
- Hood--Type 1 teens: a guide to managing your life with diabetes
- Jackson - Know your numbers, outlive your diabetes: 5 essential health factors you can master to enjoy a long and healthy life
- Loy - 487 really cool tips for kids
- Loughrey--Explaining diabetes
- McAuliffe--Growing Up with Diabetes: What Children Want Their Parents To Know
- McCarthy - The everything parent's guide to children with juvenile diabetes
- Melluish--Diabetes at 14: Choosing Tighter Control for an Active Life
- Nathan - Beating Diabetes: the first complete program clinically proven to dramatically improve your glucose tolerance
- National Diabetes Education Program - Helping the student with Diabetes succeed: a guide for school personnel
- Ojo con su vision! si tiene diabetes **(Spanish)**

Palmer - When you're a parent with diabetes: a real life guide to staying healthy when you're raising a family

Plunkett -- The challenge of childhood diabetes: family strategies for raising a healthy child

Rubin - Diabetes for Dummies (**English and Spanish**)

Saudek - The John Hopkins White Papers: Diabetes

Uncomplicated Guide to Diabetes Complications

Walsh - Pumping Insulin

Winning with Diabetes: Inspiring Stories of Famous and Not-So-Famous People With Diabetes Who Live Life Abundantly

Woodruff - The complete diabetes prevention plan : a guide to understanding the emerging epidemic of prediabetes and halting its progression to diabetes

COOKBOOKS, MEAL PLANNING AND NUTRITION

American Diabetes Association -Complete quick & hearty diabetic cookbook

Bucko—The healthy carb diabetes cookbook

Buynak - Dr. Buynak's 1-2-3 diabetes diet: [a step-by-step approach to weight loss with out gimmicks or risks]

Clegg—Holly Clegg's trim & terrific diabetic cooking

Diabetes diet cookbook

Drago -- Beyond rice and beans: the Caribbean Lationa guide to eating healthy with diabetes (**Spanish/English**)

Fuste—Cocinando para Latinos con Diabetes=Diabetic Cooking for Latinos (**Spanish/English**)

Gaines--The New Soul Food Cookbook for People with Diabetes

Geil—Cooking Up Fun for Kids with Diabetes

Geil--Diabetes Meals on \$7 a Day or Less

Ginsburg—Comida Rapida y Facil para Personas con Diabetes (**Spanish**)

Ginsburg - Mr. Food's quick & easy diabetic cooking

Glick--The Diabetes Snack Munch Nibble Nosh Book

Glick—One Pot Meals for People with Diabetes

Grunes—Diabetes snacks, treats, and easy eats for kids

Haas- Diabetes fit food: over 200 recipes from the world's greatest chefs

Holzmeister—The Diabetes Carbohydrate and Fat Gram Guide

Hughes—The 4-ingredient diabetes cookbook

Kaplan—Comprehensive diabetic cookbook

Keane - What to eat if you have diabetes: healing foods that help control your blood sugar

Mills—The big book of diabetic desserts

Month of Meals: Classic Cooking

Newgent—The all-natural diabetes cookbook

Powers—American Dietetic Association Guide to Eating Right When You Have Diabetes

Riolo—The Mediterranean diabetes cookbook

Rubin - Diabetes cookbook for dummies

Scott-Goodman - The Diabetes Menu Cookbook: Delicious Special Occasion Recipes for Family and Friends

Smith—Cooking with the Diabetic Chef

Smith—Diabetic low-fat and no-fat meals in minutes

Urdaneta--Deleites de la cocina Mexicana=Healthy Mexican American cooking
(Spanish/English)

Warshaw—The Diabetes Food & Nutrition Bible

Warshaw—Diabetes Meal Planning Made Easy

Warshaw - Guide to healthy fast-food eating

Warshaw - Guide to healthy restaurant eating

Weaver - The family style soul food diabetes cookbook

Webb—Italian Diabetic Meals in 30 Minutes -or less!

Webb—You can eat that! : awesome food for kids with diabetes

Wedman-St. Louis—Fast and simple diabetes menus

BOOKS FOR CHILDREN

Betschart—A Magic Ride in Foozbah-Land: An Inside Look at Diabetes

Chase--A Book for Coloring and Learning About Diabetes

Chase—Understanding Insulin-Dependent Diabetes

Dennis—Taming the Diabetes Dragon (ages 9-12)

Gordon - Let's talk about diabetes

Gosselin--Rufus Comes Home ages 3-12)

Gosselin—Taking Diabetes to School (ages 9-12)

Mazur—The Dinosaur Tamer, and Other Stories, for Children with Diabetes

Mulder—Sarah and Puffle: A Story for Children About Diabetes

Peacock—Sugar Was My Best Food: Diabetes and Me (ages 9-12)

Pimer--Even Little Kids Get Diabetes (picture book)

PERIODICALS

Countdown (Juvenile Diabetes Research Foundation)

Diabetes Forecast (American Diabetes Association)



Shadow Buddy: The Diabetic Buddy is available for loan to health educators; see the Know Your Buddy Book also (WS 200 P858 2000). Families can contact the Shadow Buddies Foundation (www.shadowbuddies.org) or call 913-642-4646 so children can get their own doll.



Videos:

I Have Diabetes Too! (2005, 10 min. DVD)

Through the Eyes of a Child : Living with Diabetes, Lupus & Cystic Fibrosis (2007, 27 min. DVD)

Staying in Balance: An Introduction to Type I Diabetes (1999, 17 min.)

Preventing Long Term Complications of Diabetes (2000, 17 min.)

What is Diabetes? (Type 2) (2000, 16 min.)

Moving Forward: Type 2 Diabetes in Young People (2005, 12 min.)

Managing Type 2 Diabetes in Young People (2005, 20 min.)

A Family Perspective: Type 2 Diabetes in Young People (2005, 20 min.)

Local Organizations:

American Diabetes Association (go to "In My Community" -"Your Local Office" - enter your zip code for local affiliate/support group information) **English** and **Spanish**, programs for African Americans, Latinos, Native Americans included.

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

Juvenile Diabetes Research Foundation International (search "Locations" for local information)

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

World Wide Web:

Children With Diabetes

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

Planet D (ADA site for kids)

<http://www.diabetes.org/living-with-diabetes/parents-and-kids/planet-d/>

CDC's Diabetes & Public Health Resource (**English** and **Spanish**)

<http://www.cdc.gov/diabetes/>

National Institute of Diabetes and Digestive and Kidney Diseases Health Information

(**English** and **Spanish**) <http://www.niddk.nih.gov/health/diabetes/diabetes.htm>

MedlinePlus (encyclopedia, health topics, drug books, interactive tutorials in **English** and **Spanish**) at <http://medlineplus.gov/>

MedlinePlus Health Topics: Diabetes (information in **over two dozen languages**, including **ASL video**) <http://www.nlm.nih.gov/medlineplus/diabetes.html>

MedlinePlus Health Topics: Diabetes Type 1 (**multiple languages**)

<http://www.nlm.nih.gov/medlineplus/diabetestype1.html>

MedlinePlus Health Topics: Diabetes and Pregnancy (**multiple languages**)

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

MedlinePlus Health Topics: Diabetic Eye Problems (**multiple languages**)

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

MedlinePlus Health Topics: Diabetic Foot (**multiple languages**)

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

MedlinePlus Health Topics: Diabetic Kidney Problems (**English** and **Spanish**)

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

MedlinePlus Health Topics: Diabetic Nerve Problems (**English** and **Spanish**)

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

KidsHealth (search diabetes and find many pages written for kids, for teens, and for parents; includes **audio** and **Spanish**) <http://www.kidshealth.org/>

KidsHealth for Parents: Diabetes Center (and more, includes **audio**, **video**, and **Spanish**)

http://www.kidshealth.org/parent/centers/diabetes_center.html

Diabetes Monitor <http://www.diabetesmonitor.com/>

Diabetes Monitor : Children <http://www.diabetesmonitor.com/diabetes-in-children/>

Healthy Roads Media: Diabetes (information in **written**, **audio**, **video**, **multimedia** formats in many **non-English** and **low literacy languages**)

<http://www.healthyroadsmedia.org/topics/diabetes.htm>

Note: We cannot guarantee the accuracy, currency, or decency of web sites listed above. Web site ownership and management may change without notice.

These resources and others are available in the Kreamer Resource Center for Families, ground floor of the Sutherland Tower in Children's Mercy Hospital, or call 816-234-3900 to arrange pick up from the Children's Mercy South Information desk. If you are not a patient of Children's Mercy Hospital & Clinics, books may be borrowed through Interlibrary Loan; contact your local librarian to arrange this.

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Kreamer Resource Center for Families

Children's Mercy Hospitals & Clinics

2401 Gillham Road

Kansas City MO 64108

816-234-3900



Children's Mercy

HOSPITALS & CLINICS

www.childrens-mercy.org