

## Books

- *American Diabetes Association Complete Guide to Diabetes*. American Diabetes Association, Bantam Books, 2006.
- *The First Year Type 2 Diabetes: An Essential Guide for the Newly Diagnosed*. Gretchen Becker, Marlowe & Company, 2007.
- *Think like a Pancreas: A Practical Guide to Managing Diabetes With Insulin*. Gary Schiener, MS, CDE, Da Capo Press, 2004
- *Conquering Diabetes: A Complete Program for Prevention and Treatment*. Anne L. Peters, MD, Plume, 2006.
- *The Secrets of Living and Loving with Diabetes*. Janis Roszier, RD, CDE, LD/N, William H. Polonsky, PhD, CDE, and Steven V. Edleman, MD, Surrey Books, 2004.
- *Using Insulin: Everything You Need For Success With Insulin*. John Walsh, PA, CDE, Ruth Roberts, MA, Chandrasekhar Varma, MD, FACE, FACP, Timothy Bailey, MD, FACE FACP, Library of Congress Control Number 2003097719 ISBN 1-884804-85-3, 2003.
- *Zen and the Art of Diabetes Maintenance: A Complete Field Guide for Spiritual and Emotional Well Being*. Charles Creekmore, American Diabetes Association, 2002.
- *Help! My Underwear is Shrinking!* Jo Ann Hattner, MPH, RD, Ann Coulston, MS, RD, and E. Michael Goodkind, McGraw-Hill/Contemporary Books, 2003.
- *The I Hate to Exercise Book for People With Diabetes*. Charlotte Hayes, MMSc, MS, RD, CDE, American Diabetes Association, 2006.
- *Guide to Eating Right When You Have Diabetes*. Maggie Powers, MS, RD, CDE, John Wiley & Sons Inc., 2003.
- *The CalorieKing Calorie, Fat & Carbhydrate Counter*. Allan Borushek, Family Health Publications, 2008.
- *Guide to Healthy Restaurant Eating*. Third Edition. Hope S. Warshaw, MMSc, RD, CDE, American Diabetes Association, 2009.
- *The Whole Foods Diabetic Cookbook*. Patricia Stevenson, Michael Book, and Patricia Bertron, RD, Book Publishing Company, 2002.
- *Month of Meal Menu Planners*. American Diabetes Association, 2002 and 2003. These five diabetes cookbooks and menu planners each have 28 days of interchangeable menus for breakfast, lunch, and dinner.
  - *Classic Cooking*
  - *Ethnic Delight*
  - *Meals in Minutes*
  - *Old Time Favorites*
  - *Vegetarian Pleasures*
- *The Disaster Preparedness Guide for People With Diabetes*. American Diabetes Association, 2006.

# Resources

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## Videos and DVDs

- *Diabetes and Heart Disease*. Milner-Fenwick, Inc., 2005.
- *Type 2 Diabetes Home Video Guide*. Milner-Fenwick, Inc., 2008.
- *Chair Dancing Through the Decades and Chair Yoga*. Jodi Stolove, Chair Dancing International, 2004.
- *T'ai Chi for Diabetes*. Paul Lam, Wellspring Media, 2002.

## Web sites

- [kp.org/diabetes](http://kp.org/diabetes)  
Kaiser Permanente
- [eatright.org](http://eatright.org)  
American Dietetic Association
- [tcoyd.com](http://tcoyd.com)  
Taking Control of Your Diabetes
- [cdc.gov/diabetes](http://cdc.gov/diabetes)  
Centers for Disease Control
- [nhlbi.nih.gov](http://nhlbi.nih.gov)  
National Heart, Lung, and Blood Institute
- [diabetesplanner.com](http://diabetesplanner.com)  
DiabetesPlanner.com by Nutrition Click
- [shapeup.org](http://shapeup.org)  
Shape Up America
- [ava.org](http://ava.org)  
American Volkssport Association
- [ncpad.org](http://ncpad.org)  
National Center for Physical Activity and Disability
- [lifescan.com](http://lifescan.com)  
Life Scan, Inc.

## Organizations

- American Diabetes Association  
1701 N Beauregard St.  
Alexandria, VA 22311  
1-800-DIABETES (800-342-2383)  
[diabetes.org](http://diabetes.org)
- Juvenile Diabetes Research Foundation  
120 Wall St.  
New York, NY 10005-4001  
1-800-533-2875  
[jdf.org](http://jdf.org)

## Magazines

- *Diabetes Self-management*  
Subscription Services  
PO Box 52890  
Boulder, CO 80322  
1-800-234-0923 (toll free)  
[diabetes-self-mgmt.com](http://diabetes-self-mgmt.com)
- *Diabetes Health* (formerly *Diabetes Interview*)  
6 School Street, Suite 160  
Fairfax, CA 94930  
1-800-234-1218 (toll free)  
[diabeteshealth.com](http://diabeteshealth.com)
- *Diabetes Forecast*  
[diabetes.org](http://diabetes.org)  
Available on newsstands and as a benefit of membership in ADA.

## Self-Study

### Cultivating Health® kits

Kaiser Permanente's Cultivating Health® line of self-help kits support your efforts to make lasting lifestyle changes. Kits include *Managing Diabetes*, *Weight Management*, *Everyday Fitness*, *Freedom from Tobacco*, *Improving Your Sleep*, and *Managing Stress*. You can purchase these kits at most Kaiser Permanente pharmacies and from the Health Education Services Department, 503-286-6816 or 1-866-301-3866 (toll free).