Diabetes
A Pathfinder

The Learning Center provides materials for information and convenience only. They are not to be substituted for medical advice. Medical information is often controversial and continually changes. Please talk to your doctor about your specific concerns.

The Learning Center provides a wide range of materials, and each location has different resources. Please call ahead to learn which location has the resources you need.

To learn more or ask questions, please call, email or visit The Learning Center.

Levit Family Learning Center
Mays Clinic
Floor 2, near The Tree Sculpture,
Room ACB2.1120
Monday – Friday, 9 a.m.-4 p.m.
713-563-8010
http://www.mdanderson.org/tlc
Email: asktlcstaff@mdanderson.org

Theodore N. Law Learning Center
Main Building
Floor 4, near Elevator A,
Room R4.1100
Monday – Friday, 9 a.m.-4 p.m.
713-745-8063

Pamphlets

About Your Diabetes: Self-Management Skills. The University of Texas MD Anderson Cancer Center. 2010.
Diabetes. Health Monitor. Periodical.

Books

A Life of Control: Stories of Living With Diabetes. Garber A, Brown A, Wolff K. WK 810 G728I 2010.
American Diabetes Association Complete Guide to Diabetes. American Diabetes Association. WK 850 A512 2011.
Biographies of Disease: Diabetes. Galmer A. WK 810 G177d 2008.
Complete Guide to Carb Counting: How To Take the Mystery Out of Carb Counting and Improve Your Blood Glucose Control. Warshaw H, Kulkarni K. QU 145 W295c 2011.
Diabetes. Matthews D, Beatty S, Dyson P, King L, Meston N, Pal A, Shaw J. WK 810 D5371 2008.

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Diabetes and Heart: Healthy Cookbook. American Heart Association, American Diabetes Association. WB 405 D536 2004.
Diabetes and Heart Healthy Meals for Two: Over 170 Delicious Recipes That Help You (Both) Eat Well and Eat Right. American Heart Association, American Diabetes Association. WB 405 D536I 2008.
Diabetes Comfort Food Cookbook: Foods to Fill You Up, Not Out. Webb R. QU 145 W295c 2011.
Diabetes for Dummies. Rubin A. WK 818 C438s 2007.
Diabetes Manifesto: Take Charge of Your Life. Crowe L, Stachowiak J. WK 850 C953d 2011.
Diabetes 911: How to Handle Everyday Emergencies. Fox L, Weber S. WK 850 F792d 2009.
Diabetes Rising: How a Rare Disease Became a Modern Pandemic, and What To Do About It. Hurly D. WK 810 H965d 2010.
Diabetes: The New Type 2. Valentine V, Biermann J, Toohey B. WK 810 V1591d 2008.
Diabetic Meals: In 30 Minutes – or Less. Webb R. WB 405 W367d 2006.
Fix-It and Forget-It Diabetic Cookbook: Slow Cooker Favorites – To Include Everyone. Good P. WB 405 G646f 2005.
Living With Diabetes: Everything You Need to Know To Safeguard Your Health and Take Control of Your Life. Perrin R. WK 810 P4581 2007.
Mayo Clinic: The Essential Diabetes Book. Collazo-Clavell M. WK 810 M473 2009.
*Mediterranean Diet: A Clinician's Guide for Patient Care. Zacharias E. QU 145 Z16m 2012.
100 Questions & Answers About Diabetes. Bryer-Ash M. WK 810 B916o 2011.
Tell Me What To Eat If I Have Diabetes. Magee E. WK 818 M191t 2009.
Type 2 Diabetes: Your Healthy Living Guide: Tips, Techniques and Practical Advice for Living Well With Diabetes. American Diabetes Association. WK 815 T9914 2009.

Video

Everyone Can Carbohydrate Count. WK 818 DVD 4161 2011.
Humalog Kwikpen: An Instructional DVD. Eli Lilly and Co. WK 815 DVD 1410 2010.
Non-insulin Medications for Type 2 Diabetes. American Association of Diabetes Educators. WK 825 DVD 4159 2012.
Small Steps To Help You Manage Your Diabetes: A Video Series. Eli Lilly and Co. WK 810 DVD 4082 2008.
Taking Insulin. WK 820 DVD 4158 2012.
Understanding Insulin and Amylin. American Association of Diabetes Educators. WK 820 DVD 4157 2012.

*Indicates reference only (unavailable for check out)

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Websites

The University of Texas MD Anderson Cancer Center - Diabetes Program
http://www.mdanderson.org/patient-and-cancer-information/cancer-information/cancer-topics/dealing-with-cancer-treatment/diabetes/index.html
This site gives information on diabetes management and provides access to MD Anderson diabetes classes and resources.

American Diabetes Association
http://www.diabetes.org
The mission of this organization is to prevent and cure diabetes and to improve the lives of all people affected by this disease.

Center for Disease Control and Prevention
Division of Diabetes Translation
http://www.cdc.gov/diabetes
This site offers information in English and Spanish about diabetes and research. Statistics and educational publications are provided.

National Diabetes Education Program
http://www.ndep.nih.gov
This site gives educational resources on diagnosing diabetes and reducing risks associated with it. It has information about what you need to know about diabetes, including ways to control or prevent the disease. Materials are also available in Spanish, Chinese, Hindi, Japanese, Vietnamese and other languages.

National Institute of Diabetes and Digestive and Kidney Diseases
National Diabetes Information Clearinghouse
http://www.diabetes.niddk.nih.gov/
See *Diabetes* for statistics and information about awareness, prevention, treatment, complications and clinical trials. Resources are also available in Spanish.

Texas Diabetes Council
http://www.dshs.state.tx.us/diabetes/
The Texas Diabetes Council addresses issues affecting people with diabetes in Texas. The council works with private and public health care organizations to promote diabetes prevention and awareness throughout the state.

Medline Plus
http://www.nlm.nih.gov/medlineplus/diabetes.html
This site has health information provided by the National Library of Medicine and the National Institutes of Health.

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