

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 consult your health care provider to discuss your specific concerns.

The Learning Center locations provide a wide range of materials, and each site's resources are different. Please call ahead to learn which location contains the resources you need. The Learning Center staff provides skilled, individualized service and will be happy to help you.

For more information, or if you have questions, please call, e-mail 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>

E-mail: 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

Diabetes: Dental Tips. US Dept of Health and Human Services, National Institutes of Health. 2007.

Four Steps to Control Your Diabetes for Life. US Dept of Health and Human Services, National Institutes of Health. 2006.

A Guide to Type 1 Diabetes. American Association of Clinical Endocrinologists. 2007.

On Target: A Guide to Managing Type 2 Diabetes. American Association of Clinical Endocrinologists. 2007.

Take Care of Your Feet for a Lifetime. US Dept of Health and Human Services, National Institutes of Health. 2003.

What I Need to Know About Eating and Diabetes. National Institute of Diabetes and Digestive and Kidney Diseases. 2007.

Periodicals

Diabetes Health Monitor. American Association of Diabetes Educators.

Books

- Beating Diabetes: Lower Your Blood Sugar, Lose Weight, and Stop Diabetes and Its Complications in Their Tracks. Nathan D, Delahanty L. WK 850 N274b 2005.
- Biographies of Disease: Diabetes. Galmer A. WK 810 G177d 2008.
- Diabetes. Matthews D, Beatty S, Dyson P, King L, Meston N, Pal A, Shaw J. WK 810 D5371 2008.
- Diabetes: A Practical Guide to Managing Your Health. Walker R, Rodgers J. WK 850 W183d 2005.
- 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.
- Tell Me What To Eat If I Have Diabetes. Magee E. WK 818 M191t 2009.

Video

- The Diabetes Home Video Guide: Skills for Self-Care. Milner-Fenwick, American Association of Diabetes Educators. WK 850 VHS 2201 2000.
- Diabetes: Understanding and Treating. Information Television Network. WK 810 DVD 2179 2006.

Web Sites

The University of Texas M. D. Anderson Cancer Center - Diabetes Program

<http://www.mdanderson.org/education-and-research/departments-programs-and-labs/programs-centers-institutes/diabetes-program/diabetes-program-department-of-endocrine-neoplasia-hormonal-disorders.html>

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/>

Click *Diabetes* to see 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.