



2022
EDITION

DIABETES

QUALITY HEALTH RELATED INFORMATION CAREFULLY SELECTED BY YOUR LIBRARIES





Better informed to live better.

ABOUT

Biblio-Santé is a program of the Quebec Public Library Association. The ABPQ is made up of 182 member municipalities and corporations, for a total of 320 autonomous libraries. Biblio-Santé is available in more than 790 participating public libraries as well as associated health libraries throughout Quebec. Visit our website to see if your library participates in the program.

ACKNOWLEDGMENTS

Biblio-Santé is an initiative of the Charlemagne, L'Assomption and Repentigny libraries that was started under the name Biblio-Aidants. The Quebec Public Library Association would like to thank these three cities for allowing it to extend the program to the rest of Quebec by transferring the copyright.

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VISIT OUR WEBSITE

You will find all of the Biblio-Santé booklets and additional information.

bibliosante.ca

The information provided does not replace a diagnosis or medical examination by a physician or qualified health professional. The content of this booklet was verified in the spring of 2022 and will be updated on an annual basis.

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HOW DO WE SELECT THE INFORMATION?

Each document for inclusion in the Biblio-Santé thematic booklets is evaluated with impartiality, based on Librarianship practices in place in public libraries, using various general selection criteria.

First, the booklets are carefully designed to primarily meet the needs and interests of health system users and caregivers. Every title is evaluated according to relevance and quality of its content for the general public, in the Quebec context. If of equal value, Quebec materials are always preferred. The credibility and reputation of the author, creator, illustrator, publisher or producer are also of great importance. Furthermore, special attention is given to the timeliness and long-term relevance of the subject as well as the accuracy of the information.

With regard to documentaries, works by health professionals (doctors, nurses, occupational therapists, psychologists, etc.) are given preference. However, titles based on lay or experiential knowledge are not rejected outright, especially those involving support by a caregiver.

Finally, each thematic booklet is considered as a whole in order to respect the diversity of the topics covered and allow for a balanced presentation of viewpoints. For more information on the selection criteria for Biblio-Santé, please visit bibliosante.ca/criteria



CAREGIVERS

CAREGIVERS BOOKLET

This booklet is complementary to all booklets of the Biblio-Santé Program. It highlights useful resources to support caregivers.

OTHER BOOKLETS AVAILABLE



**ALZHEIMER'S
DISEASE**



**AUTISM SPECTRUM
DISORDER**



BEREAVEMENT



CANCER



DIABETES



**END-OF-LIFE
CARE**



**HEART DISEASE
AND STROKE**



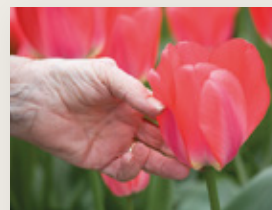
**INTELLECTUAL
DISABILITY**



**MENTAL
HEALTH**



**MULTIPLE
SCLEROSIS**



**PARKINSON'S
DISEASE**



**PHYSICAL
DISABILITY**



**PULMONARY
DISEASE**



**SENIORS
AND AGING**

RESOURCE DIRECTORY

ORGANIZATIONS AND ASSOCIATIONS

General

DIABETES QUÉBEC

Phone	514 259-3422
Toll free	1 800 361-3504
Website	www.diabete.qc.ca/en

This association is dedicated to providing services to people with diabetes, fostering research and defending the rights of people affected by diabetes before the governments, health care services and companies. The website covers different topics related to diabetes. It contains a wealth of information on nutrition, physical activity, treatments, care, current issues, etc. Several educational videos are available on line and various documents can be downloaded free of charge. Diabetes Québec also presents different useful mobile applications.

InfoDiabetes Service

Phone	514 259-3422, extension 233
Toll free	1 800 361-3504, extension 233
Online chat	www.diabete.qc.ca/en/diabetes-quebec/contact/chat

InfoDiabetes is the information and telephone reference service of Diabetes Québec. This toll-free line allows people to get answers to their questions and be referred promptly to the right person or organization for help. During opening hours, it is possible to chat live with the association's healthcare professionals.

FONDATION RESSOURCES POUR LES ENFANTS DIABÉTIQUES (FRED)

Phone	514 731-9683
Toll free	1 800 731-9683
Website	https://diabete-enfants.ca/

For more than 45 years, The Diabetic Children's Foundation has been supporting diabetic insulin-dependent children and teenagers and their families through the daily challenges of Type 1 diabetes. Website in french.

GLAUCOMA INFORMATION CENTRE

Phone 514 340-8222, extension 24954
Website [www.jgh.ca/care-services/ophthalmology/
glaucoma-information-centre](http://www.jgh.ca/care-services/ophthalmology/glaucoma-information-centre)

Located at the Jewish General Hospital, in Montreal, the information centre hosts information sessions on glaucoma several times a year. Experts are on site to answer questions and give explanations and the Centre is open to all. Call or check the website for the dates of upcoming sessions. An educational video prepared by patients with glaucoma and health care professionals, "Living with Glaucoma", can be viewed on line ("Glaucoma Information Centre - DVD" section).

JUVENILE DIABETES RESEARCH FOUNDATION CANADA (JDRF)

Toll free 1 877 287-3533
Website www.jdrf.ca

The Juvenile Diabetes Research Foundation is committed to improving the life of every person with T1D and to curing this disease. The JDRF provides mentoring programs, free information kits and a school advisory tool kit to facilitate communications with school. The website contains information on managing Type 1 diabetes.

KIDNEY FOUNDATION OF CANADA

Phone 514 369-4806
Toll free 1 800 361-7494
Website www.kidney.ca

The Kidney Foundation of Canada is the national organization committed to promote kidney health and improved quality of life for people with kidney disease.

INTERNET RESOURCES

A few tips for critically assessing information found on the Internet

THE SOURCE OF THE INFORMATION (AUTHOR OR AUTHORS)

- Who created the site?
- Is it possible to obtain information about the author or the owner of the site?
- Is it a government or university site or one belonging to a recognized organization?

THE QUALITY OF THE INFORMATION SOURCE

- What is the objective (to inform or sell)?
- Are the sources referenced?
- Are there links to similar sources (to verify the accuracy and objectivity of the information)?
- How frequently is the information updated?

Keep an eye open! Information is shared very quickly, and false news travel just as fast. We should not always rely on content shared online, especially on social networks. You may find articles in which the information is false or exaggerated. It is therefore important to check the quality of information before you believe it and share it.

General

AMERICAN DIABETES ASSOCIATION – DIABETES OVERVIEW

www.diabetes.org/diabetes

This section of the site provides basic overviews of the major issues surrounding diabetes, with plenty of links to more in-depth information if you need it.

CAPSANA – DIABETES SECTION

www.capsana.ca/en/tools-for-patients-and-professionals/publications

Capsana is a Quebec-based company entirely dedicated to the promotion of health and healthy lifestyle, as well as chronic disease prevention and management. In the section of its website devoted to diabetes, Capsana offers three publications about Type 2 diabetes, glycemic control and healthy diet. These publications are prepared by health care professionals and experts supported by reputable health organizations. They are recognized for their rigorous and reliable content.

DIABETES CANADA - CLINICAL PRACTICE GUIDELINES

<http://guidelines.diabetes.ca/>

The Clinical Practice Guidelines of Diabetes Canada offers plenty of resources to help reduce the risk of diabetes complications, keep people with diabetes safe and support self-management. You can also find relevant information in the section Tools and resources for people with diabetes, such as diabetes in children and adolescents, diabetes and pregnancy or diabetes in special population.

DIABETES QUÉBEC

Foot Care

www.diabete.qc.ca/en/living-with-diabetes/care-and-treatment/soins-du-corps/le-diabete-et-le-soin-des-pieds/

Foot Care is part of living with diabetes, just as regular monitoring of blood glucose. Check Diabetes Québec's file entitled "The Importance of Foot Care" to find information about care practices, periodic tests required, and finding the right socks and shoes to wear.

FONDATION RESSOURCES POUR LES ENFANTS DIABÉTIQUES (FRED)

Documentation Centre

<https://diabete-enfants.ca/soutien-aux-familles/bon-a-savoir-sur-le-diabete-a-lecole/>

Under the “Soutien pour les parents - section école” tab, you can access pamphlets on the Foundation’s services, as well as different tools intended for families and schools. Website in french.

Camp Carowanis, a unique Camp specialized in Type 1 Diabetes

<https://diabete-enfants.ca/camp-carowanis/>

The Foundation provides partial funding for Camp Carowanis, located in the Laurentians. The Camp offers stays suitable for children with diabetes as well as family weekends. Website in french.

DIETITIANS OF CANADA – UNLOCKFOOD.CA

<https://www.unlockfood.ca/en/default.aspx>

UnlockFood.ca website is an initiative of Dietitians of Canada. It offers you many resources about food planning and maintaining good eating habits. You will find a section devoted to diabetes under the “Browse by Topic” tab.

KIDNEY FOUNDATION OF CANADA

Diabetes and Kidney Disease

www.kidney.ca/CMSPages/GetFile.aspx?guid=0218ba5e-dc80-4742-9e2c-16ecf5d3b4e4

This downloadable brochure explains the connection between diabetes and kidney failure. It also provides general recommendations to prevent renal dysfunctions that can arise with diabetes.

Your Diet and Chronic Kidney Disease

www.kidney.ca/CMSPages/GetFile.aspx?guid=da447019-9f90-469a-8bce-700320456f9d

This downloadable information leaflet provides an overview of nutritional recommendations for people with chronic kidney failure.

MEDICAL NEWS TODAY – AN OVERVIEW OF DIABETES TYPES AND TREATMENTS

<https://www.medicalnewstoday.com/articles/323627>

This information hub offers detailed but easy-to-follow information about diabetes.

MEDLINEPLUS – DIABETES

<https://medlineplus.gov/diabetes.html>

Learn about symptoms, causes, tests and treatment for diabetes, the disease in which blood sugar levels are too high. Includes type 1 and type 2 diabetes.

MONTREAL CHILDREN’S HOSPITAL – PEDIATRIC DIABETES: A FAMILY GUIDEBOOK

https://www.thechildren.com/sites/default/files/pediatric_diabetes_a_family_guidebook_0.pdf

This guidebook is to help you and your family understand diabetes and manage your child’s care.

PUBLIC HEALTH AGENCY OF CANADA

Diabetes

www.canada.ca/en/public-health/services/chronic-diseases/diabetes.html

Briefly explains the condition. Lists risk factors and signs and symptoms. Discusses diagnosing and managing diabetes. Provides links to other information including ongoing national initiatives and strategies.

Living with Diabetes

www.canada.ca/en/public-health/services/chronic-diseases/diabetes/living-diabetes.html

Living with diabetes involves cooperation between the person affected and his or her healthcare providers to monitor and manage blood glucose levels and to ensure that the affected person makes important changes in lifestyle.

RICARDOCUISINE.COM – COOKING FOR DIABETICS

<https://www.ricardocuisine.com/en/articles/recipe-hacker/286-food-for-diabetics>

Whether you’re wondering what to cook, when to snack or want to know what forms of sugar are better than others, this handy guide will give you the 411 so you can cook tasty, healthy meals without worrying.

HEALTH INFORMATION PORTALS

Sources offering reliable and quality information about health and healthy lifestyle habits.

GOVERNMENT OF CANADA – HEALTH

www.canada.ca/en/services/health.html

Offers reliable, easy-to-understand health and safety information for Canadians.

GOVERNEMENT DU QUÉBEC – HEALTH

www.quebec.ca/en/health/

Offers simple, practical and reliable information to help manage health problems and make better use of Quebec's health services.

MAYO CLINIC

www.mayoclinic.org/patient-care-and-health-information

The Patient Care and Health Information section of the Mayo Clinic offers the general public factual, practical and objective information on disease prevention and adopting healthy lifestyle habits. With the collaboration of 3,300 physicians, scientists and researchers, this site offers quality content.

MEDLINEPLUS

www.medlineplus.gov

MedlinePlus is an authoritative resource offering detailed information on many health issues and is produced by the National Library of Medicine (Maryland, United States).

HEALTH DATABASES

Open access databases

Here is a selection of resources to help you find relevant information. **The databases below are accessible at no charge and no subscription is required.**

PUBMED CENTRAL

www.ncbi.nlm.nih.gov/pmc

PubMed Central (PMC) is a digital repository of scientific health-related articles that were submitted to a peer review process (collective activity of researchers who critically assess the work of other researchers). Articles are freely accessible.

Databases with access restricted to subscribers

Would you like to refine your search for health information? Bibliothèque et Archives nationales du Québec (BAnQ) offers remote consultation of several health databases. We have selected those aimed at a large audience. Please note that certain resources are only in English. The interface language and the language of the content of the resource are indicated at the end of each description.

In order to access the BanQ databases, you must subscribe to remote services.

To subscribe: www.banq.qc.ca/formulaires/abonnement

To view the resources available in the BAnQ digital collection, log in first using your subscriber number and password for the library.

Guides and a selection of essential resources are available to help you find your way around on the platform: <http://numerique.banq.qc.ca/apropos/debuter.html>

E-CPS (COMPENDIUM DES PRODUITS ET SPÉCIALITÉS PHARMACEUTIQUES EN LIGNE) / COMPENDIUM OF PHARMACEUTICALS AND SPECIALTIES ON LINE

<http://numerique.banq.qc.ca/ressources/details/6020>

This database provides access to more than 2,000 monographs of drugs, vaccines and natural products available in Canada. It contains information such as indications, contraindications, warnings, adverse reactions, drug interactions and dosage. This resource also includes directories (poison control centres, health organizations, manufacturers), a product identification tool and glossaries. Bilingual resource.

MAGILL'S MEDICAL GUIDE

<http://numerique.banq.qc.ca/ressources/details/5809>

Magill's Medical Guide gives online access to articles that are easy to understand for the general public on various medical topics: diseases, disorders, treatments and preventive measures. Contains an alphabetical index on the subjects covered as well as capsules on recent developments in medical science. Interface and content in English.

READING SUGGESTIONS

YOUR LIBRARY DOESN'T
HAVE THE BOOK THAT YOU
ARE LOOKING FOR?

LEARN ABOUT THE
LOAN SERVICE BETWEEN LIBRARIES.

YOUR LIBRARY CAN THEN OBTAIN
THE DOCUMENT YOU WOULD LIKE
FROM ANOTHER LIBRARY.

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LARGE PRINT BOOKS

Large print books are designed to optimize reading comfort for the visually impaired, the sick, people with eye strain and young dyslexics. You will find many of them in public libraries.



AUDIO AND DIGITAL AUDIO BOOKS

Audio and digital audio books are voice recordings of the text of a book made by a narrator. These books are read by recognized interpreters. They are recommended for both beginning readers and people with visual impairments.

Audio books are recorded on CD or MP3 CD and can be found on the shelves of libraries that offer them.


Digital audio books are available on the prenumerique.ca platform. They can be listened to on all devices using a recent version of a web browser and a reliable Internet connection. This does not require the installation of a reader application.



DIGITAL BOOKS

Digital books are available via the pretnumerique.ca platform.

On the pretnumerique.ca website of libraries participating in the Biblio-Santé program, you will find the **digital Biblio-Santé collection**. Each book suggested in the booklets that is available in digital format is identified by the following mention:

 Also available on pretnumerique.ca

These digital books are chronodegradable, that is to say that they deactivate automatically at the end of the loan period. Downloaded books can be read on different devices: e-readers, tablets, computers, smartphones, etc. The service is accessible anytime and anywhere, as long as you have access to an Internet connection.

[Pretnumerique.ca](http://pretnumerique.ca) also offers a dedicated free reading application, available in iOS (Apple) and Android format. This allows you to consult the digital catalog of your libraries as well as to borrow, reserve and easily read your digital books and your digital audiobooks from the same application.

Your reading device gives you access to features to promote its accessibility and facilitate your reading.

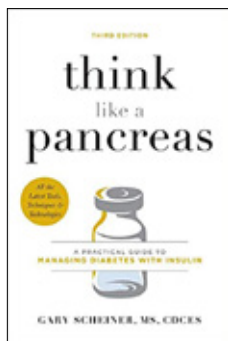
For help borrowing an eBook, visit the [Aide en ligne Prêt Numérique](#) page.

*The supply of books in different formats varies from one library to another.

Find out what your library has to offer!

NON-FICTION

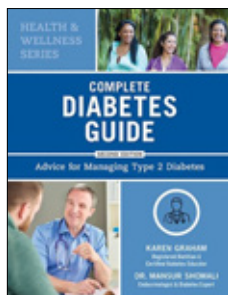
General works



THINK LIKE A PANCREAS: A PRACTICAL GUIDE TO MANAGING DIABETES WITH INSULIN

Gary Scheiner. New York: Hachette Go, 2020, 354 p.

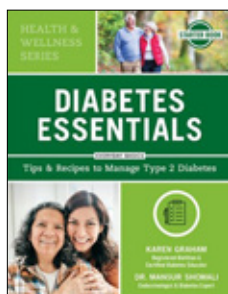
Few diabetes books focus specifically on the day-to-day issues facing people who use insulin. Diabetes educator Gary Scheiner provides the tools to “think like a pancreas” – to successfully master the art and science of matching insulin to the body’s ever-changing needs.



COMPLETE DIABETES GUIDE: ADVICE FOR MANAGING TYPE 2 DIABETES

Karen Graham. Toronto, Ontario: Robert Rose, 2020, 416 p.

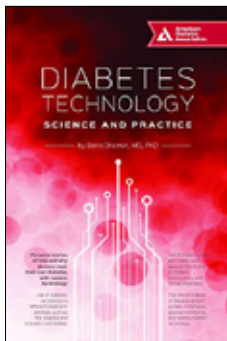
Complete Diabetes Guide features essential information on underlying causes, clinical features, and effective management options and treatments along with personalized meal plans and lifestyle recommendations. This is a vital resource for anyone who has been diagnosed with type 2 diabetes or who is at risk of developing it.



DIABETES ESSENTIALS: TIPS & RECIPES TO MANAGE TYPE 2 DIABETES

Karen Graham. Toronto, Ontario: Robert Rose, 2020, 191 p.

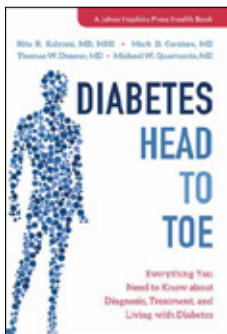
This book includes easy diabetes tips covering 72 subjects, including medications, nutrition, gut bacteria, exercise, recipes and more. For each of the 72 subjects, Registered dietician and certified diabetes educator Karen Graham along with MD and diabetes expert Mansur Shomali offer the ten top tips for that subject.



DIABETES TECHNOLOGY: SCIENCE AND PRACTICE

Boris Draznin. Arlington: American American Diabetes Association, 2019, 418 p.

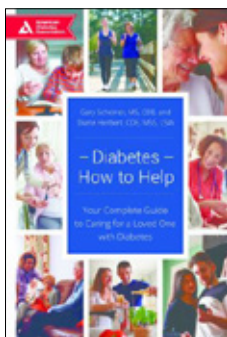
We live in a century of technological revolution and the birth of artificial intelligence. Like every other sphere of our life, diabetes-related technology is moving forward with lightning speed. *Diabetes Technology* will consist of three parts: Part I addresses the clinical science of diabetes pumps, continuous glucose monitoring and communication technology with numerous practical aspects. Part III offers personal stories of healthcare providers who treat their own diabetes with modern diabetes technology. In particular, they will address how and why they decided to use this technology and the positive and negative aspects of their decision.



DIABETES HEAD TO TOE: EVERYTHING YOU NEED TO KNOW ABOUT DIAGNOSIS, TREATMENT, AND LIVING WITH DIABETES

Rita R. Kalyani. Baltimore: Johns Hopkins University Press, 2018, 325 p.

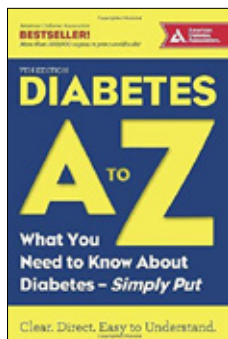
This book includes everything you should know about the disease. The authors, all doctors who specialize in diabetes care, offer simple explanations and essential advice on all things diabetes. Accessible and concise, the book presents information at a glance, with conversational prose and easy-to-digest bullet points.



DIABETES-HOW TO HELP: YOUR COMPLETE GUIDE TO CARING FOR A LOVED ONE WITH DIABETES

Gary Scheiner and Diane Herbert. Arlington: American Diabetes Association, 2018, 220 p.

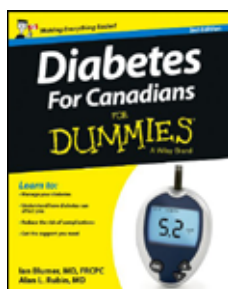
There are dozens of books and online resources designed specifically for the person with diabetes, but very few that address the needs and interests of their support network. This leaves the vast majority of caregivers in a quandary regarding their role. Many are under-educated on diabetes and its management, and most are unsure of where their involvement begins and ends.



DIABETES A TO Z: WHAT YOU NEED TO KNOW ABOUT DIABETES – SIMPLY PUT

American Diabetes Association. Alexandria: American Diabetes Association, 2016, 186 p.

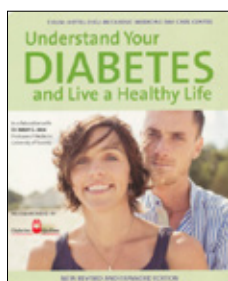
An A to Z guide to dealing with diabetes. From the A1C test to getting your ZZZ's, you'll get the most up-to-date recommendations from the American Diabetes Association – and get back to living your life.



DIABETES FOR CANADIANS FOR DUMMIES

Ian Blumer and Alan L. Rubin. Etobicoke: J. Wiley & Sons Canada, 2013, 432 p.

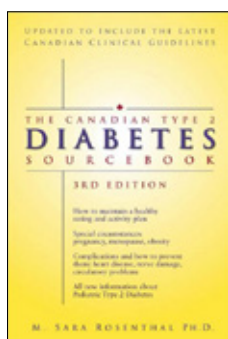
This helpful guide returns with a new edition – thoroughly revised and updated with the latest guidelines from the Canadian Diabetes Association, along with new medical findings. Offering you reassuring guidance for putting together a state-of-the-art diabetes treatment program, this friendly-yet-informative book walks you through all the advances in monitoring glucose, the latest medications, ways to juggle diabetes with daily commitments, and how to develop a diet and exercise plan to stay healthy.



UNDERSTAND YOUR DIABETES AND LIVE A HEALTHY LIFE

Metabolic Medicine Day-Care Centre of CHUM Hôtel-Dieu Hospital. Montreal: Rogers Media, 2013, 317 p.

This new and improved edition was written by the Metabolic Medicine Day-Care Centre of CHUM Hôtel-Dieu. Diabetes Quebec participated in the final review. This edition includes: The Clinical Practice Guidelines (2013), new medication, new blood glucose meters, useful resources for diabetics, use of glycated hemoglobin as a diagnosis criteria and a new chapter on hospitalization of a diabetic person.

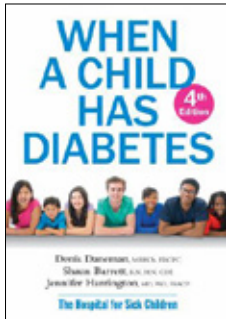


THE CANADIAN TYPE 2 DIABETES SOURCEBOOK

Sara Rosenthal. Etobicoke: J. Wiley & Sons Canada, 2009, 366 p.

This sourcebook is the medically researched and trusted guidebook used by doctors and patients for over ten years. It is a one-stop guide to everything Canadians need to know to understand diabetes, assemble a working health care team, and learn the most up-to-date researched advice on lifestyle changes and treatments that will keep you healthy.

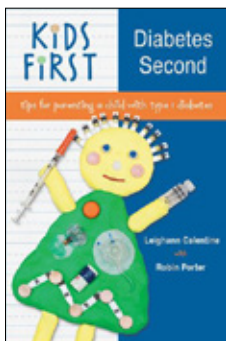
Diabetes in children and adolescents



WHEN A CHILD HAS DIABETES

Denis Daneman. Toronto: Robert Rose Inc., 2018, 240 p.

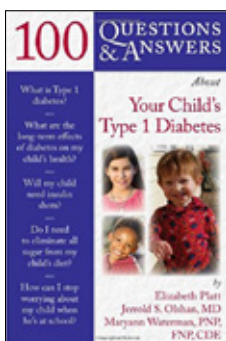
This book offers the latest comprehensive medical expertise based on current research and standards for children diagnosed with diabetes. It aims to provide parents and caregivers with the information they need to learn as much as possible about juvenile diabetes and give them the skills needed for successful at-home diabetes management and care.



KIDS FIRST DIABETES SECOND: TIPS FOR PARENTING A CHILD WITH TYPE 1 DIABETES

Leighann Calentine and Robin Porter. Ann Arbor: Spry Pub., 2012, 192 p.

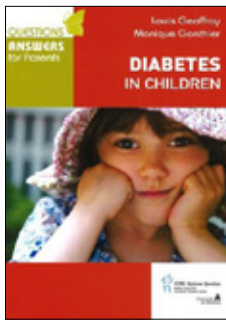
In a style both practical and affirming this book presents Leighann's advice to help parents and caregivers enable children with diabetes to thrive. Learn how to automate tasks, navigate challenges, celebrate achievements, establish a support group, relieve stress, and avoid being consumed by management of the condition, while focusing on what's most important: raising a happy, healthy child.



100 QUESTIONS & ANSWERS ABOUT YOUR CHILD'S TYPE 1 DIABETES

Elizabeth Platt, Jerrold S. Olshan and Maryann Waterman. Sudbury: Jones & Bartlett Learning, 2012, 238 p.

100 Questions & Answers About Your Child's Type 1 Diabetes provides authoritative, practical answers to the most common questions about the disease. This reader-friendly guide is an invaluable resource for learning how to manage the medical, emotional, and practical daily challenges of raising a child with Type 1 diabetes.



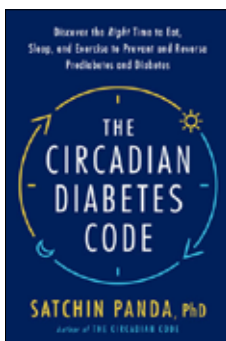
DIABETES IN CHILDREN

Louis Geoffroy and Monique Gonthier. Montreal: Sainte-Justine Hospital, 2010, 86 p.

This question and answer book gives parents and caregivers answers to frequently asked questions, such as how we treat diabetes in children, can diabetic children participate in sports, can the child sleep over at a friend's house, and many more.

 Also available on prenumerique.ca

Healthy living



THE CIRCADIAN DIABETES CODE: DISCOVER THE RIGHT TIME TO EAT, SLEEP AND EXERCISE TO PREVENT AND REVERSE PREDIABETES AND TYPE 2 DIABETES

Satchin Panda. New York: Rodale, 2021, 267 p.

In this book, senior Salk Institute researcher Satchin Panda takes circadian rhythm science to the next level of medical treatment. Based on cutting-edge research, this time-restricted eating program has been shown to be an effective tool in the personal fight against diabetes. His core recommendation is to select a ten-hour window of time within which readers can comfortably eat their food almost every day. By doing so, they will see several benefits, such as reversing pre-diabetes, better managing type 2 diabetes with less medication or enhancing immunity. Readers will learn how to time their eating with their blood glucose response, which varies between day and night. It includes plans for optimal timing for sleep, exercise, and medication.

 Also available on prenumerique.ca



THE EASY DIABETES COOKBOOK: SIMPLE, DELICIOUS RECIPES TO HELP YOU BALANCE YOUR BLOOD SUGAR

Mary Ellen Phipps. Salem, MA: Page Street Publishing Co., 2021, 152 p.

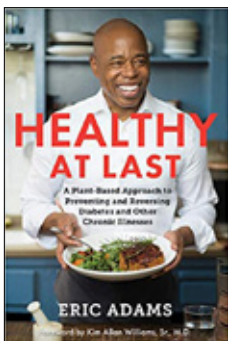
Diagnosed with type 1 diabetes when she was five, registered dietician nutritionist Mary Ellen Phipps uses both her professional and personal experience to create meals that will bring the joy and ease of cooking back to your kitchen, while still following a blood sugar-friendly diet. Each recipe in the book includes nutritional information so you know you are getting the carbs, protein, and fat you need. The book also provides a comprehensive, easy-to-understand guide to managing your diabetes through food and tips to keep your blood sugar balanced throughout the day.



WHAT DO I COOK NOW?

Tami Ross and Nancy S. Hughes. Arlington, VA: American Diabetes Association, 2021, 329 p.

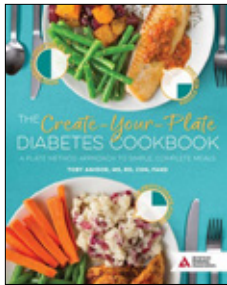
If you've been diagnosed with diabetes or prediabetes, you probably know that healthy eating is essential to the successful management or prevention of type 2 diabetes. With so much nutrition advice out there, it's hard to know who to trust or what is best for you. This cookbook and action plan cuts through the noise, giving you the information and recipes you need, from experts you can trust. You'll learn: how to find a healthy eating pattern that works for you; the simplest way to plan healthy meals; how to equip your kitchen for diabetes-friendly cooking; easy tricks to make recipes and meals healthier; tips for shopping and cooking to save you time and money.



HEALTHY AT LAST: A PLANT-BASED APPROACH TO PREVENTING AND REVERSING DIABETES AND OTHER CHRONIC ILLNESSES

Eric Adams. Carlsbad, California: Hay House, Inc., 2020, 224 p.

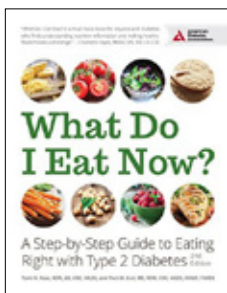
After Adams woke up with severe vision loss one day in 2016, he learned that he was one of the nearly 5 million Black people living with diabetes. A police officer for more than two decades, Adams was a connoisseur of the fast-food dollar menu. Fast food was easy, cheap, and comfortable. His diet followed him from the squad car to the state senate, and then to Brooklyn Borough Hall, where it finally caught up with him. But Adams was not ready to become a statistic. Within three months of adopting a plant-based diet, he lost 35 pounds, lowered his cholesterol by 30 points, restored his vision, and reversed his diabetes. Armed with the hard science and real-life stories of those who have transformed their bodies by changing their diet, Adams shares the key steps for a healthy, active life.



THE CREATE-YOUR-PLATE DIABETES COOKBOOK: A PLATE METHOD APPROACH TO SIMPLE, COMPLETE MEALS

Toby Amidor. Arlington, Virginia: American Diabetes Association, 2020, 235 p.

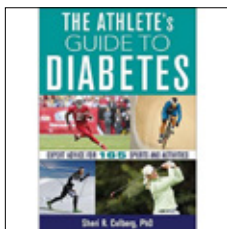
Learn how to build perfectly-portioned meals with a healthy balance of vegetables, protein, and just the right amount of carbohydrates to manage diabetes and support a healthy lifestyle. With 125 mix-and-match recipes to choose from, you'll never run out of ideas for easy, delicious meals the whole family will enjoy.



WHAT DO I EAT NOW?: A GUIDE TO EATING WELL WITH DIABETES OR PREDIABETES

Tami A. Ross. Arlington: American Diabetes Association, 2020, 249 p.

Healthy eating and meal planning is essential to the successful management of type 2 diabetes and prediabetes, but figuring out exactly what to eat is challenging. If you have diabetes or prediabetes, especially if you've just been diagnosed, you're probably asking yourself, "What Do I Eat Now?" This book was written to answer that question and give you the tools you need for a lifetime of healthy eating.



THE ATHLETE'S GUIDE TO DIABETES: EXPERT ADVICE FOR 165 SPORTS AND ACTIVITIES

Sheri Colberg. Champaign, Illinois: Human Kinetics, 2020, 381 p.

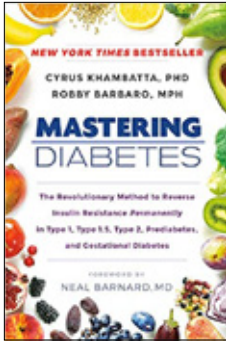
The Athlete's Guide to Diabetes offers expert guidance on insulin and medications, nutrition and supplements, injury prevention and treatment, and mental strategies for maximizing performance and optimizing health for athletes with type 1 and type 2 diabetes.



DIABETES MEALS FOR GOOD HEALTH COOKBOOK: COMPLETE MEAL PLANS & 100 RECIPES

Karen Graham. Toronto, Ontario: Robert Rose, 2020, 320 p.

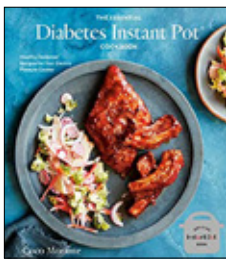
In this book, Karen Graham explains that carefully planned, nutritious meals and sensible portion sizes are an essential part of diabetes management, and then gives step-by-step instructions for putting this advice into action.



MASTERING DIABETES: THE REVOLUTIONARY METHOD TO REVERSE INSULIN RESISTANCE PERMANENTLY IN TYPE 1, TYPE 1.5, TYPE 2, PREDIABETES, AND GESTATIONAL DIABETES

Cyrus Khambatta. New York: Avery, an imprint of Penguin Random House, 2020, 384 p.

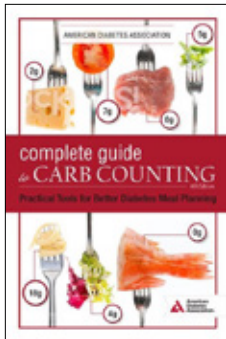
Cyrus Khambatta, PhD, and Robby Barbaro, MPH, are the team behind Masteringdiabetes.org, an online coaching platform for people living with all forms of diabetes that focuses on low-fat, plant-based, whole-food nutrition. Armed with more than 36 years of personal experience living with type 1 diabetes, the authors teach you how to eat carbohydrate-rich whole foods like mangoes, potatoes, and quinoa while decreasing your blood glucose and medication requirements.



THE ESSENTIAL DIABETES INSTANT POT COOKBOOK: HEALTHY, FOOLPROOF RECIPES FOR YOUR ELECTRIC PRESSURE COOKER

Coco Morante. California: Ten Speed Press, 2020, 165 p.

When cookbook author Coco Morante and her husband were both diagnosed with insulin-related conditions, they struggled to incorporate balanced meals into their busy schedules. So Coco decided to use the Instant Pot's convenience to make eating healthful, nutrient-dense dishes easy. The result? This enticing collection of 70 recipes for breakfast, lunch, dinner, and dessert that proves you don't have to sacrifice flavor to eat well.



THE COMPLETE GUIDE TO CARB COUNTING: PRACTICAL TOOLS FOR BETTER DIABETES MEAL PLANNING

American Diabetes Association. Arlington: American American Diabetes Association, 2019, 184 p.

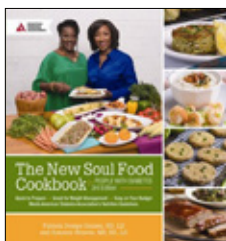
If you are managing type 1 or type 2 diabetes, you need to know your carbs – what they are, which foods contain them, how many you’re eating, and how to match them to your medication. This new edition of the bestselling guide from the American Diabetes Association is here to help. The completely revised *Complete Guide to Carb Counting*, 4th edition, from the nutrition experts at the American Diabetes Association, provides you with the knowledge and the tools to put carbohydrate counting into practice. Updated from top to bottom to include the latest science on meal planning, low-carbohydrate diets, and evidence-based nutrition advice, this edition also introduces and explains carb counting concepts as you’ll need them in your diabetes care plan.



FIX-IT AND FORGET-IT INSTANT POT DIABETES COOKBOOK: 127 SUPER EASY HEALING RECIPES

Hope Comerford. New York: Skyhorse Publishing Company, 2019, 264 p.

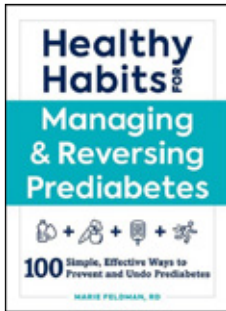
Meal planning can be tough when you or someone in your family has diabetes. *Fix-It and Forget-it Instant Pot Diabetes Cookbook* is here to help! Here are 127 easy-to-prepare recipes that you can mix and match to make your breakfasts, lunches, dinners, snacks, and desserts a snap! You want to put a delicious meal on the table for your family without worrying whether it’s going to fit your dietary needs – and certainly without spending hours in the kitchen – or in the grocery store searching for exotic ingredients.



NEW SOUL FOOD FOR PEOPLE WITH DIABETES

Fabiola Demps Gaines and Roniece Weaver. Arlington: American American Diabetes Association, 2019, 189 p.

Looking for healthy versions of your favorite soul food dishes? Gaines and Weaver deliver flavor-packed recipes that are perfect for any occasion – and care accompanied by information on meal planning, healthy cooking, and living well with diabetes. They show that eating healthy doesn’t have to mean sacrificing the comfort foods and classic family favorites you love!



HEALTHY HABITS FOR MANAGING & REVERSING PREDIABETES: 100 SIMPLE, EFFECTIVE WAYS TO PREVENT AND UNDO PREDIABETES

Marie Feldman. New York: Adams Media, 2019, 271 p.

100 simple lifestyle changes you can make right now to prevent Type 2 diabetes and reverse a pre-diabetic diagnosis in an easy-to-use, user-friendly handbook. There are currently 84 million people in the United States living with a prediabetes diagnosis – left untreated, prediabetes can turn into full Type 2 diabetes within 5-10 years. While being told you are prediabetic can be scary, this book shows you 100 simple habits that you can implement in your daily life to lower your risk of developing diabetes. *Healthy Habits for Managing and Reversing Prediabetes* is packed with easy, straightforward tips to help you stop diabetes in its tracks. The secret? It's all about lifestyle changes – from eating less fat to incorporating more vegetables into your diet to exercising 150 minutes per week. This handbook will show you how easy it is to apply these changes and many more into your routine to live a full, happy, and healthy life. These simple modifications could be the difference between a healthy diabetes-free life and a diabetes diagnosis.



Also available on pretnumerique.ca



THE INSTANT POT DIABETES COOKBOOK: SIMPLE RECIPES FOR HEALTHY HOME COOKING

Nancy S. Hughes. Arlington: American American Diabetes Association, 2019, 180 p.

This Instant Pot-authorized cookbook from the experts at the American Diabetes Association contains 90 easy, diabetes-friendly recipes made with simple ingredients that will easily transform into mouth-watering meals. New to using an Instant Pot? No problem! Each recipe includes detailed instructions to make cooking with your Instant Pot a breeze. Whatever you're craving, you'll find it in this book—from family favorites to a wide range of recipes inspired by Mexican, Italian, Thai, Indian, and Cajun cuisines. Additionally, each recipe meets the nutrition guidelines set by the American Diabetes Association for diabetes and heart-healthy eating.



THE EASY AIR FRYER COOKBOOK: HEALTHY, EVERYDAY RECIPES FOR PEOPLE WITH DIABETES

Kathy Moore and Roxanne Wyss. Arlington: American American Diabetes Association, 2019, 127 p.

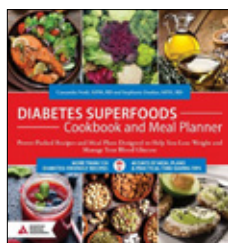
This innovative kitchen appliance allows you to make your favorite fried foods – like crunchy fried chicken or crispy French fries – without the mess of a pot of hot oil or the addition of tons of extra fat. *The Easy Air Fryer Cookbook* helps you make the most of your air fryer with dozens of healthy and delicious recipes for every meal.



THE MEDITERRANEAN DIABETES COOKBOOK: A FLAVORFUL, HEART-HEALTHY APPROACH TO COOKING

Amy Riolo. Arlington: American American Diabetes Association, 2019, 362 p.

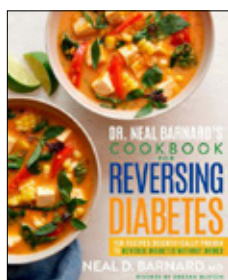
Experts agree that a Mediterranean-style eating pattern is one of the best for people with diabetes. Now you can enjoy the health benefits and exciting flavors of Mediterranean cuisine with this new edition.



DIABETES SUPERFOODS COOKBOOK AND MEAL PLANNER: POWER-PACKED RECIPES AND MEAL PLANS DESIGNED TO HELP YOU LOSE WEIGHT AND MANAGE YOUR BLOOD GLUCOSE

Cassandra Verdi and Stephanie Dunbar. Arlington: American American Diabetes Association, 2019, 163 p.

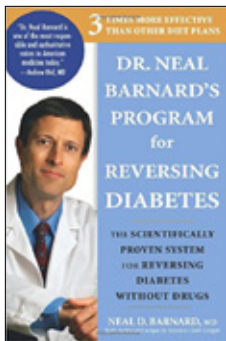
Discover how deliciously simple eating for diabetes can be with a superfoods approach to cooking and meal planning!



DR. NEAL BARNARD'S COOKBOOK FOR REVERSING DIABETES

The Mayo Clinic diabetes diet. Emmaus: Rodale Press, 2018, 224 p.

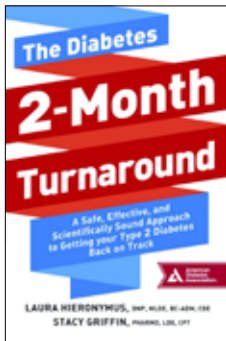
In this cookbook, expect to find favorite foods like burgers, onion rings, muffins, and pudding, but approached from a healthful angle—focusing on vegetables, fruits, whole grains, and legumes. Dr. Barnard also offers thorough explanations about the scientific relationship between nutrition and diabetes, and identifies the ingredients in the book by their vitamins, nutritional properties, and health power in a simple and easy to understand way.



DR. NEAL BARNARD'S PROGRAM FOR REVERSING DIABETES: THE SCIENTIFICALLY PROVEN SYSTEM FOR REVERSING DIABETES WITHOUT DRUGS

Neal D. Barnard. Emmaus: Rodale Books, 2017, 224 p.

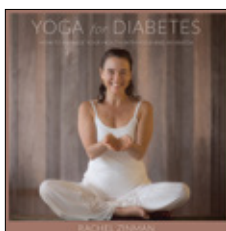
Revised and updated, this latest edition of Dr. Barnard's book features a new preface, updates to diagnostic and monitoring standards, recent research studies, and fresh success stories of people who have eliminated their diabetes by following this life-changing plan. Dr. Barnard has shown that it is often possible to improve insulin sensitivity and tackle type 2 diabetes by following his step-by-step plan, which includes a healthful vegan diet with plenty of recipes to get started, an exercise guide, advice about taking supplements and tracking progress, and troubleshooting tips.



THE DIABETES 2-MONTH TURNAROUND

Laura Hieronymus and Stacy Griffin. Alexandria: American Diabetes Association, 2017, 159 p.

Author Laura Hieronymus has created a blueprint for getting health back on track safely, effectively, and for the long term. Using the results of years of behavioral research, Dr. Hieronymus has created a complete 2-month program for people with diabetes who need to get their glucose under control. The program breaks down complicated concepts and goals into small, achievable steps that are tackled on a week-by-week basis.



YOGA FOR DIABETES: HOW TO MANAGE YOUR HEALTH WITH YOGA AND AYURVEDA

Rachel Zinman. Rhinebeck: Monkfish Book Publishing, 2017, 310 p.

The author was floored when she was diagnosed with type 1 diabetes at the age of 42, despite her lifelong dedication to a healthy lifestyle which included a decades-long practice of yoga. Now she shares the story of her own experience of yoga and diabetes. She shows readers how to reduce stress and improve their overall health index; adapt a yoga practice to suit their constitution and individual needs; and find deeper meaning in life and thus a holistic healing affecting multiple levels of well-being.



DIABETES: 21 DAYS OF MENUS

Alexandra Leduc. Montreal: Modus Vivendi. 2016, 135 p.

Are you diabetic and unsure about what you can eat without jeopardizing your health? For people with diabetes, watching what you eat is essential. Healthy eating habits not only relieve symptoms, they can also prevent complications of diabetes. Discover recipes that are quick and easy to prepare.

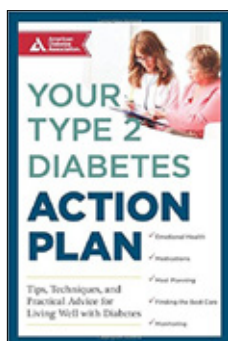
 Also available on prenumerique.ca



THE PERFECT DIABETES COMFORT FOOD COLLECTION: 9 ESSENTIAL RECIPES YOU NEED TO CREATE 90 AMAZING COMPLETE MEALS

Robyn Webb. Alexandria: American Diabetes Association, 2016, 232 p.

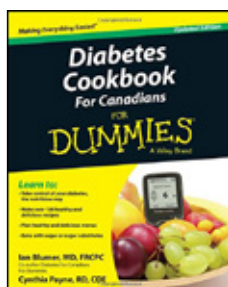
In this book, Robyn Webb focuses on nine favorite comfort foods and makes ten variations of each to give home cooks new, healthy twists on the meals they crave. Along with nearly 100 classic recipes, this book also features a meal-planning section that helps readers match a favorite comfort food dish with classic sides to create hundreds of complete, nutritionally balanced meals designed to help control blood glucose levels and promote heart health.



YOUR TYPE 2 DIABETES ACTION PLAN: TIPS, TECHNIQUES, AND PRACTICAL ADVICE FOR LIVING WELL WITH DIABETES

American Diabetes Association. Alexandria: American Diabetes Association, 2015, 157 p.

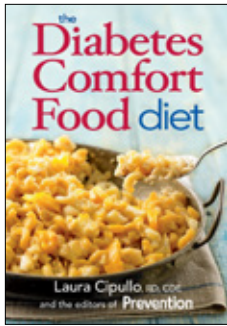
Designed specifically for those are ready to take action, *Your Type 2 Diabetes Action Plan* is a concise, step-based approach to quickly improving blood glucose management and quality of life.



DIABETES COOKBOOK FOR CANADIANS FOR DUMMIES

Ian Blumer and Cynthia Payne. Indianapolis: John Wiley and Sons, 2015, 364 p.

This updated edition offers an abundance of recipes that will help diabetics and prediabetics enjoy meals and manage their diabetes. Based on the most recent edition of the *Clinical Practice Guidelines for Diabetes Management*, this new cookbook includes over 100 additional recipes and updated coverage on the latest drugs for diabetes management and new guidelines to target blood glucose levels.



THE DIABETES COMFORT FOOD DIET

Laura Cipullo. Toronto: Robert Rose Inc., 2015, 320 p.

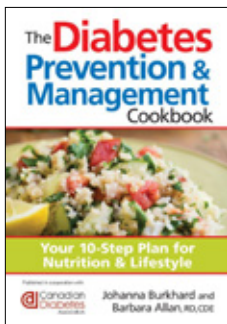
Based on the latest research and very easy 3-step program, the *Diabetes Comfort Food Diet* transforms your most-loved dishes into diabetes-friendly meals that will promote weight loss and reverse insulin resistance. Each of the recipes in this book will help you maintain a healthy glucose level while enjoying satisfying dishes.



YOGA AND DIABETES: YOUR GUIDE TO SAFE AND EFFECTIVE PRACTICE

Annie B. Kay and Lisa B. Nelson. Alexandria: American Diabetes Association, 2015, 130 p.

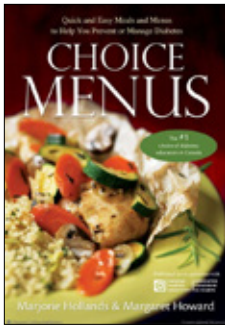
This book is an accessible guide for individuals with diabetes interested in beginning or deepening a yoga practice. It provides tailored guidance to people with type 1, type 2, or gestational diabetes, and features 30 yoga postures and breathing exercises arranged into programs to suit every person's individual needs. With easy-to-read text and detailed photographs, *Yoga and Diabetes* will explain how to do yoga safely, and includes options for beginning and less fit practitioners.



THE DIABETES PREVENTION AND MANAGEMENT COOKBOOK: YOUR 10-STEP PLAN FOR NUTRITION AND LIFESTYLE

Johanna Burkhard and Barbara Allan. Toronto: Robert Rose Inc., 2013, 384 p.

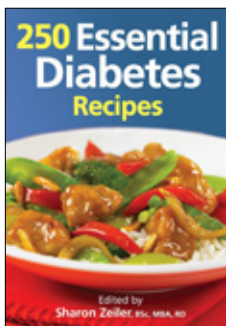
The incidence rate of diabetes continues to grow at alarming levels. To combat this worrisome trend, the authors provide an easy-to-follow plan in 10 comprehensive steps. All the information is evidence-based and meets the very latest recommendations from North American experts on diabetes. The program includes 150 diabetes-suitable recipes that contribute to an enriched, healthy diet for better glucose control, improved lipid levels, lower blood pressure and weight loss, an overall healthier life.



CHOICE MENUS: QUICK AND EASY MEALS AND MENUS TO HELP YOU PREVENT OR MANAGE DIABETES

Marjorie Hollands and the Canadian Diabetes Association. Toronto: Harper Collins, 2012, 304 p.

Careful meal planning is important for anyone who is managing diabetes or seeking to prevent or delay the onset of type 2 diabetes. *Choice Menus* takes the guesswork out of daily meal planning and allows you to enjoy days of healthy meals and snacks.

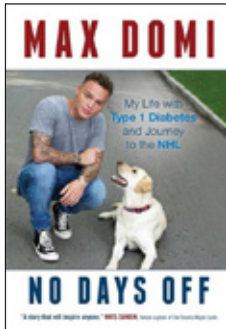


CANADA'S 250 ESSENTIAL DIABETES RECIPES

Edited by **Sharon Zeiler.** Toronto: Robert Rose Inc., 2011, 336 p.

Published in cooperation with the Canadian Diabetes Association, this book presents traditional and classic recipes that will be enjoyed by anyone who is affected by or is managing diabetes. These recipes are not only suitable for individuals managing diabetes, they can also be enjoyed by the whole family.

LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



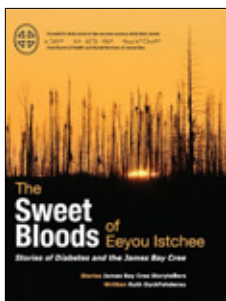
NO DAYS OFF: MY LIFE WITH DIABETES AND JOURNEY TO THE NHL

Max Domi. New York: Simon & Schuster, 2019, 224 p.

As a kid, when Max Domi was asked what he wanted to be when he grew up, he only ever had one answer: a hockey player. Growing up the son of a professional hockey player, Max saw from an early age what it took to make the NHL: grit, talent, and the support of a team. Over countless hours in the garage, at the rink, and in the gym, Max chased his dream. It seemed that Max was born to be on the ice. But then, when he was twelve years old, Max started getting sick. And sicker. Finally, he and his family learned the awful truth: Max had type 1 diabetes. Overnight, Max and his family found their lives upended. All Max wanted was to be a normal kid, but suddenly, the simplest things – a game of basketball with friends, a family meal, a school field trip – were complicated with a thousand different considerations. Bit by bit, he learned – sometimes the hard way – not just to control his diabetes, but to turn it into an advantage. If managing his disease was going to demand that Max be stronger, more prepared, and more disciplined than anyone else, then he wouldn't just be good at those things: he'd be the best. He'd do whatever it took to move him closer to his dream of playing in the NHL.



Also available on pretnumerique.ca



THE SWEET BLOODS OF EYYOU ISTCHEE: STORIES OF DIABETES AND THE JAMES BAY CREE

Ruth Dyckfehderau and James Bay Cree Storytellers. James Bay Cree: Mistissini Cree Board of Health and Social Services of James Bay, 2019, 280 p.

This is a collection of literary creative non-fiction stories of James Bay Cree First Nations people who are living with diabetes.



ELLE & COACH: DIABETES, THE FIGHT FOR MY DAUGHTER'S LIFE, AND THE DOG WHO CHANGED EVERYTHING

Stefany Shaheen and Mark Dagostino. New York: Hachette Books, 2015, 240 p.

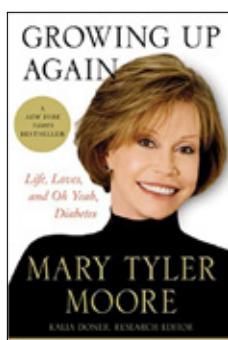
This is the true story of a Type-1 mom struggling to care for a daughter who has Type 1 diabetes and the incredible service dog who changes their lives for the better. Stefany Shaheen takes readers on an emotional journey as she tries everything to manage her daughter Elle's deadly and unpredictable disease, all while juggling a family of four children. Overcoming the skepticism that a dog can provide answers that medical science is still seeking, the family finds a resounding sense of peace and reassurance through Coach's near miraculous abilities as a medic-alert dog, specially trained to detect dangerous changes in blood sugar levels.



NOT DEAD YET: MY RACE AGAINST DISEASE: FROM DIAGNOSIS TO DOMINANCE

Phil Southerland and John Hanc. New York: Thomas Dunne Books, 2011, 322 p.

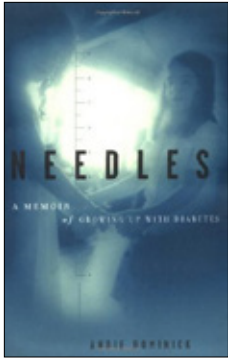
Part memoir, part sports adventure, *Not Dead Yet* tells the inspirational story of Phil Southerland's battle with Type 1 diabetes and how he overcame all odds to start his own bicycle racing team and twice win the Race Across America.



GROWING UP AGAIN: LIFE, LOVES, AND OH YEAH, DIABETES

Mary Tyler Moore. New York: St. Martin's Press, 2009, 216 p.

With generosity of spirit, ebullience, and sly humor, Mary Tyler Moore presents the intensely private, often funny, and sometimes startling story of her life with diabetes.



NEEDLES: A MEMOIR OF GROWING UP WITH DIABETES

Andie Dominick. New York: Simon & Schuster, 2000, 220 p.

This is a classic account of a young life irreversibly altered by illness. All her life, Andie Dominick adored her older sister, Denise. She wanted to look like her, talk like her, be her. Unfortunately, she got part of her wish when, at age nine, she was diagnosed with the same disease from which Denise had suffered since age two: juvenile diabetes. In this beautifully written, revelatory, and profoundly affecting memoir, Dominick recounts her transformation from a free-spirited kid who enjoyed giving shots to her stuffed animals with her sister's castaway needles to a lifelong patient who must learn to inject herself twice a day. Emotionally charged, tragic, but in the end hopeful, Dominick tells how she found the courage to embrace love and hope in the face of fear, and to live with a disease that has taken so much from her.

COMICS

**THE WATER LOVER**

Patrick Allaby. Canada: Conundrum Press, 2021, 116 p.

Patrick is almost finished university when his life turns upside down. It begins innocently enough, with a newly developed appreciation for the taste of water. His love of water quickly becomes an obsession, and before long, Patrick is drinking twenty cups a day. Then he starts experiencing other changes: exhaustion, weight loss, and (naturally) constant urination. He begins to fall behind in his last semester, but can't even muster up the energy to care. That's when Patrick lands in intensive care, where he develops a new obsession: survival. *The Water Lover* offers a raw, vulnerable look at the realities of chronic illness, the limits of the Canadian medical system, and the rush of finding that elusive Prince album on vinyl.

YOUTH LITERATURE

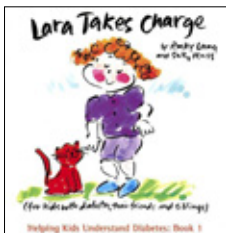


AGES 3 TO 8

CAILLOU: EMMA'S EXTRA SNACKS: A STORY ABOUT TYPE 1 DIABETES

Anne Paradis and Éric Sévigny (ill.). Montreal: Chouette Pub., 2015.

Caillou is confused when Emma is allowed to have extra snacks at preschool. He's even more confused when Miss Martin explains that Emma has type 1 diabetes. Caillou is worried about his friend and becomes very protective of her. But when Emma outruns Caillou in a race, he soon realizes Emma's diabetes isn't like a cold or flu. It's something Emma has to live with every day, and she's doing a pretty good job of it.

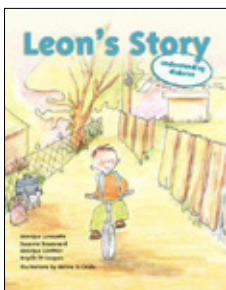


AGES 3 TO 8

LARA TAKES CHARGE: FOR KIDS WITH DIABETES, THEIR FRIENDS AND SIBLINGS

Rocky Lang and Sally Huss (ill.). Brule, WI: Cable Pub, 2012, 28 p.

Friendly pictures with lots of color are used to describe Lara, a little girl with diabetes. Lara tells of all the things that she does that regular kids do – run, swim, dance – and she talks about her insulin pump and doing blood tests. If you have a young child with diabetes, Lara's story will help them understand that they're not the only kid in the world with diabetes.

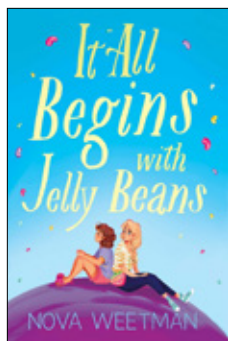


AGES 6 TO 9

LEON'S STORY: UNDERSTANDING DIABETES

Monique Lanouette and Melina di Cristo (ill.). Montreal: Sainte-Justine Hospital, 2005, 48 p.

Leon's Story has been designed to help children with diabetes understand what is happening to them and to help parents provide the support they need.



AGES 8 TO 12

IT ALL BEGINS WITH JELLY BEANS

Nova Weetman. New York: Margaret K. McElderry Books, 2021, 244 p.

Meg spends her days hoping no one thinks too hard about why she wears the same clothes to school every day. Luckily, the nurse's office provides a welcome escape from classmates who don't understand...and snacks when food runs out at home. Riley knows fitting in at her new school would be a lot easier if people understood her type 1 diabetes. When Meg and Riley end up together in the nurse's office, both girls think they've worked each other out, but what if they've got it all wrong? On the brink of moving on to junior high, Riley and Meg must figure out who they really want to be. And maybe a bag of shared jelly beans will provide all the help they need.

 Also available on pretnumerique.ca



AGES 9 TO 12

FRED & MARJORIE: A DOCTOR, A DOG AND THE DISCOVERY OF INSULIN

Deborah Kerbel and Angela Poon (ill.). Toronto: OwlKids Books, 2021, 56 p.

In 1921, Dr. Frederick Banting had an idea: could pancreatic secretions be used to treat diabetes? The substance we now call insulin, and its life-saving discovery, was an impactful milestone in medical science. Banting and his assistant, Charles Best, worked in a lab to test the theory with street dogs. Banting formed a special bond with one of these dogs, naming her Marjorie. After Marjorie responded well to insulin treatments, these went on to be used on humans with diabetes—and the results were practically miraculous. This book also thoughtfully discusses the use of animals for medical research, and includes further information about diabetes.

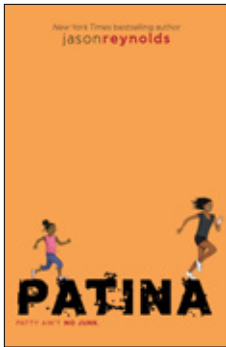


AGES 9 TO 12

THE TRUTH ABOUT STACEY

Raina Telgemeier. New York: Graphix, 2015, 141 p.

Joining the Baby-Sitter's Club after moving to a new town, Stacey helps her new friends outmaneuver a rival sitter group while coming to terms with her diabetes.

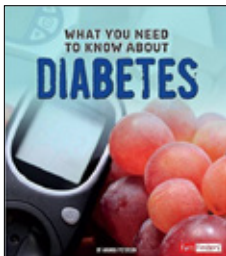


AGES 10+

PATINA

Jason Reynolds. New York City: Atheneum/Caitlyn Dlouhy Books, 2017, 233 p.

A newbie to the track team, Patina « Patty » Jones must learn to rely on her family and teammates as she tries to outrun her personal demons. Patty's been through her share of problems, from her father's sudden death to her mother's battle with diabetes.

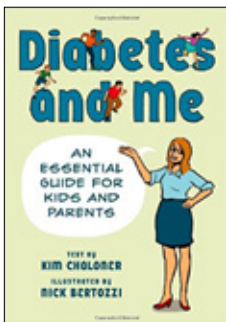


AGES 10+

WHAT YOU NEED TO KNOW ABOUT DIABETES

Amanda Peterson. North Mankato: Capstone Press, 2016, 32 p.

This book introduces young readers to diabetes, including causes, symptoms, treatments, and the personal experience.



AGES 10+

DIABETES AND ME: AN ESSENTIAL GUIDE FOR KIDS AND PARENTS

Kim Chaloner and Nick Bertozzi (ill.). New York: Hill and Wang, a division of Farrar, Straus, and Giroux, 2013, 157 p.

Kim Chaloner, who has been teaching award-winning science classes for fifteen years, gives kids the tools they need to take charge of their health and understand what it means to be diagnosed with diabetes. In this graphic guide, she walks four young people through the basics of diabetes, both Type 1 and Type 2, revealing the early signs of diabetes and how doctors can help, what it means to have Type 1 or Type 2 diabetes, what the pancreas is and how it works, how to manage the ups and downs of blood sugar levels, strategies for diet and exercise, how to explain diabetes to friends and family members and much more.

**AGES 14 TO 17**

SWEETBLOOD

Pete Hautman. New York: Simon & Schuster Books for Young Readers, 2010, 208 p.

Lucy Szabo thinks she knows where the myth of vampires came from. She's sure that the first vampires ever were dying diabetics. And she should know. She's diabetic herself. When she gets involved with Draco, a self-proclaimed «real» vampire she meets in a Transylvania chat room, her world starts to crash down around her. Soon, her whole life – grades, relationships and health – are spiraling dangerously out of control. Lucy needs to make some important choices to take back control of her life, but is it already too late?

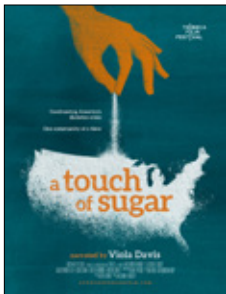
FILM, SERIES AND PROGRAM SUGGESTIONS

DID YOU KNOW?

LIBRARIES HAVE RICH COLLECTIONS OF DVDS AND BLU-RAYS THAT CAN BE BORROWED. THEY ALSO OFFER ONLINE ACCESS TO MOVIES, SERIES AND PROGRAMS. CHECK WITH YOUR LOCAL LIBRARY.

DOCUMENTARIES

General



A TOUCH OF SUGAR

Ani Simon-Kennedy. 2019.

In particular, the film focuses on stories from African-American and Latino communities, both of which are disproportionately affected by type 2 diabetes. Narrated by Viola Davis and created in collaboration with Merck as a part of its larger campaign, America's Diabetes Challenge, the documentary urges people to think about how we can address the stigma associated with diabetes.

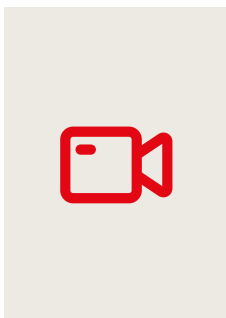


SWEET DREAMS FOR CHIYO

Kazuyoshi Ehara, CBC. 2018, 44 min.

Online: <https://gem.cbc.ca/media/cbc-docs-pov/season-1/episode-13/38e815a-00dc8fa5830>

When Rhiana and Kaz married, they were sure their life together would be full of adventure. But when their two-year-old daughter, Chiyo, is diagnosed with Type 1 diabetes, their entire world turns upside-down.



LIVING WITH DIABETES

Maamuitaau, CBC. 2012, 28 min.

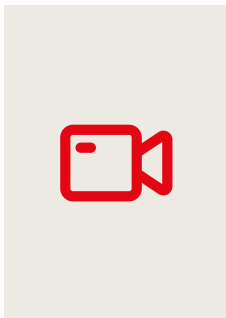
Diabetes among Aboriginal peoples on CBC North's weekly Cree-language magazine of news and current affairs.



SWEET 16: A JOURNEY INTO TEEN DIABETES

Daniel Shannon. 2012, 76 min.

Katia Shannon, a young filmmaker from Montreal, finds out that she has type 1 diabetes at the age of 15. The film chronicles a five-year journey as she and her father/filmmaker Dan Shannon turn the lens on herself and others with the disease, which was declared a worldwide epidemic by the UN and the World Health Organization in 2007. *Sweet 16* offers a fresh perspective on a silent killer and the hope for a cure, with a focus on teen issues of body image and peer pressure.



THE GIFT OF DIABETES

John Paskievich and O. Brion Whitford, National Film Board of Canada. 2005, 58 min.

Online: www.onf.ca/film/gift_of_diabetes/

Brion Whitford is an Ojibway who lives with advanced diabetes. In 2001, complications from the disease left him with only 50 percent kidney function and blood sugar levels that were spiraling out of control. Raised in the city, Brion grew up without knowing his culture or heritage. Consequently, he had little faith in traditional Native medicine and healing. But the more Brion's health deteriorated, the deeper his interest grew in connecting with his own culture and traditions. *The Gift of Diabetes* follows Brion's struggle to regain his health by learning about his heritage. His journey is a moving account of a man coming to terms with his own mortality, while trying to re-establish balance in his life.

TAKING PART IN ONE'S HEALTH CARE

This section can be found in every Biblio-Santé thematic booklet. The resources have been selected with a patient-as-partner approach that aims to help the health system users to actively participate in their health care and to make informed decisions.

WHAT DOES PATIENT-AS-PARTNER MEAN?

A patient-as-partner is a person who progressively becomes able as they receive treatment to make informed and independent health choices. Their experience related knowledge is recognized and their care related competences are developed with help from the team. Respected in all aspects of their humanity, they are a full member of this team when it comes to the care and services offered to them. While fully recognizing the expertise of the team members, the patient-as-partner can direct the team's concern towards their particular needs and long term well being.

Source: Faculté de médecine de l'Université de Montréal

ORGANIZATIONS AND ASSOCIATIONS

General

CENTRE OF EXCELLENCE FOR PARTNERSHIP WITH PATIENTS AND THE PUBLIC (CEPPP)

Phone 514 890-8000
Website <https://ceppp.ca/en/>

The CEPPP aims to make collaborating with patients and the public a science, a culture and the new standard to improve the health of all and the (health) experience of each. Its purpose is to integrate the patient into their care team and the citizen into their healthcare system.

HEALTHCARE EXCELLENCE CANADA

Toll free 1-866-421-6933
Website <https://www.healthcareexcellence.ca/en/>

Healthcare Excellence Canada is an organization with a relentless focus on improving healthcare, with – and for – everyone in Canada. It brings together the Canadian Patient Safety Institute and Canadian Foundation for Healthcare Improvement. Several of its programs are aimed directly at patients and their families in order to improve their safety and the quality of health services.

Legal information

CHAMBRE DES NOTAIRES DU QUÉBEC

Phone	514 879-1793
Toll free	1 800 263-1793
Website	www.cnq.org/en/home.html

The Chambre des notaires offers basic legal information, including information about powers of attorney, mandates in case of incapacity, wills and successions.

Toll free line **1-800-NOTAIRE (668-2473)**

Chat free of charge with a notary.

COMMUNITY JUSTICE CENTERS

Website www.justicedeproximite.qc.ca/en/

The Community Justice Centers provide services in six regions in Quebec. They inform you about your legal rights and obligations. They support you by helping you in the identification of your legal needs and the options available to address them. They also refer you to the legal resources available related to the legal system or the community, so you can choose the service that best suits your needs.

CONSEIL POUR LA PROTECTION DES MALADES

Phone	514 861-5922
Toll free	1 877 276-2433
Website	http://cpm.qc.ca/en/home/

You can contact this organization free of charge to get information about the rights of sick people or to report an abuse or a situation which affects the rights of health and social service network users. Every call will be kept strictly confidential.

CURATEUR PUBLIC DU QUÉBEC

Phone 514 873-4074
Toll free 1 844 532-8728
Website <https://www.curateur.gouv.qc.ca/cura/en/>

The Curateur public ensures the protection of incapacitated persons. It educates the public about the protection needs associated with incapacity and supports families and close friends who are representing incapacitated persons, administering the property of an incapacitated person or a minor, or serving as members of a tutorship council. The site provides information about incapacity (protection mandate, tutorship, curatorship, etc.).

FÉDÉRATION DES CENTRES D'ASSISTANCE ET D'ACCOMPAGNEMENT AUX PLAINTES

Toll free 1 877 767-2227
Website <https://fcaap.ca/en/>

Complaint assistance and support centers assist the user in any process to file a complaint with an establishment, a CISSS, a CIUSSS or the Protecteur des usagers. They accompany the user for the duration of the appeal, including when the complaint is referred to the Council of Physicians, Dentists and Pharmacists of an establishment. You can find on the FCAAP website the list of assistance centers as well as information on your rights.

JURISTES À DOMICILE

Phone 514 944-9929
Website www.juristesadomicile.com

Juristes à Domicile guides and supports its members who find themselves in a difficult situation, or who are vulnerable, when it comes to ensuring that their rights are respected. The organization can also facilitate access to low cost legal services, if needed. As the name of the organization suggests, the team's lawyers come to their homes. Website only in French.

PROTECTEUR DU CITOYEN

Toll free

1 800 463-5070

Website

<https://protecteurducitoyen.qc.ca/en>

The Protecteur du citoyen conducts investigations into complaints or reports involving individuals, groups, organizations or undertakings who claim that they were treated unfairly or improperly by a Quebec Government department or public agency, or by Health and Social Services network authorities. The Quebec Ombudsman is independent of the government, neutral and unbiased. All complaints are treated as confidential. The services are free and easily accessible.

REGROUPEMENT PROVINCIAL DES COMITÉS DES USAGERS (RPCU)

Phone

514 436-3744

Website

www.rpcu.qc.ca/en/

The Regroupement provincial des comités des usagers defends and protects the rights of all users of the Health and Social Services network. Visit the website of the Regroupement for more information on the rights and recourse of the loved one you support.

INTERNET RESOURCES

General

CANADIAN MEDICAL ASSOCIATION – PATIENT VOICE

<https://www.cma.ca/patient-voice>

Patient Voice is a group of patients who lend their perspectives and experience to the Canadian Medical Association's (CMA) advocacy work. The 15-member group offers ideas on how to make Canadians healthier and contribute to the medical profession, highlighting issues that matter to the public and giving insight into the best ways for the CMA and physicians to engage with patients. Their web page features information about the group's current members, contact information for obtaining more information or getting involved, as well as a definition of Patient Partnered Care.

CHOOSING WISELY CANADA

<https://choosingwiselycanada.org/>

Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in health care. The website provides information related to treatments and medication. It offers recommendations and resources by specialty for health professionals and patients. Patient Pamphlets are also available under the "Patient Resources" tab.

COLLÈGE DES MÉDECINS DU QUÉBEC

<http://www.cmq.org/hub/en/services-au-public.aspx>

The "Services for the public" section of the Collège des médecins du Québec provides information on various aspects of consultations with a doctor (access to a doctor, medical fees, complaints, etc.) and on the role of other health professionals.

GOVERNEMENT DU QUÉBEC

Info-Santé 811

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811/>

Info-Santé 8-1-1 is a free and confidential telephone consultation service. Dialling 8-1-1 promptly puts you in contact with a nurse in case of a non-urgent health issue. The service is available 24 hours a day, 365 days a year. Anyone living in Quebec can call Info-Santé 8-1-1 for themselves or a family member.

Service Organization

<https://www.quebec.ca/en/health/health-system-and-services/service-organization/>

This web page of the Government of Quebec presents a portrait of the organization of services in Quebec as well as relevant information for each service offered.

HEALTH BOOKLET

<https://carnetsante.gouv.qc.ca/portail>

The Québec Health Booklet is your one-stop reference to your health information, accessible anywhere. It gives you access to the results of your medical imaging examinations, the history of your pharmacy medications and the results of your samples, including blood and urine tests. It allows you to schedule an appointment for family medicine online.

HEALTHCARE EXCELLENCE CANADA

Engaging Patients in Patient Safety – a Canadian Guide

<https://www.patientsafetyinstitute.ca/en/toolsresources/patient-engagement-in-patient-safety-guide/pages/default.aspx>

The Engaging Patients in Patient Safety Canadian guide is presented to you in detail on this web page. You will discover who is this guide for, its purpose and what is included inside. You also have the option to download it.

Patient, Family and Caregiver Engagement and Partnerships

<https://www.cfhi-fcass.ca/WhatWeDo/PatientEngagement/PatientEngagementResourceHub/Results.aspx>

On this page of the Canadian Foundation for Healthcare Improvement, you will find information about the participation and collaboration of patients in their health care, including the Bridge-to-Home project that allows improve the quality of care, as well as the experience of patients, caregivers and providers during transitions from hospital to home.

Shift to Safety

<https://www.patientsafetyinstitute.ca/en/about/programs/shift-to-safety/pages/public.aspx>

The “Public” section of SHIFT to safety program aims to help you take an active part in the safety of your healthcare. It offers resources on a range of topics for making informed care choices, links to other patients, and tips for working with health care providers based on personal needs.

HEALTH CHARITIES COALITION OF CANADA – “HOW TO” HEALTH GUIDE

www.healthcharities.ca/resources/how-to-health-guide.aspx

The “How To” Health Guide was developed to assist patients, caregivers, friends and families in managing information about the Canadian health care system, which can often be challenging to navigate. If you, or someone you love and care for, are trying to find health services, support or information for an illness or disease, there are actions you can take to help get the best possible health care. The Guide provides basic information about how to speak to those working within the system on a range of issues. A link to download a copy of the guide is available at the bottom of the page.

HEART & STROKE FOUNDATION – BEING A PARTNER IN YOUR HEALTH CARE

https://www.heartandstroke.ca/heart-disease/recovery-and-support/talking-to-your-doctor?_

This section of the Heart & Stroke foundation website provides an overview of what you need to know to prepare well for a medical appointment.

INSTITUTE FOR SAFE MEDICATION PRACTICE CANADA – SAFEMEDICATIONUSE.CA

<https://safemedicationuse.ca/newsletter/index.html>

ISMP Canada SafeMedicationUse.ca newsletters contain information for consumers to promote the safe use of drugs in all areas of health. One of their objectives is to make recommendations to prevent medication-related accidents.

MCGILL UNIVERSITY HEALTH CENTER

Patient Safety and Physical Restraints: What You Need to Know

http://www.muhcpatienteducation.ca/DATA/GUIDE/349_en~v~patient-safety-and-physical-restraint.pdf

This booklet aims to help you understand physical restraints.

MERCK MANUAL (CONSUMER VERSION) – MAKING THE MOST OF HEALTH CARE

<https://www.merckmanuals.com/en-ca/home/fundamentals/making-the-most-of-health-care>

This web page offers you valuable tips for participating actively in your health care, such as when to see your doctor, how to get the most out of a consultation, and investigating a disease.

ORDRE DES PHARMACIENS DU QUÉBEC – GRAND PUBLIC

www.opq.org/fr-CA/grand-public/

The “Grand public” section of the Ordre des pharmaciens du Québec website allows you to find a pharmacist, obtain advice related to the protection of the public as well as better understand the role of the pharmacist and what pharmaceutical care is. Website only in French.

OTTAWA HOSPITAL RESEARCH INSTITUTE – PATIENT DECISION AIDS

<https://decisionaid.ohri.ca/AZinvent.php>

The A to Z Inventory of Decision Aids is designed to help you find a decision aid to meet your needs.

RÉGIE DE L'ASSURANCE MALADIE – CITIZENS

<https://www.ramq.gouv.qc.ca/en/citizens/health-insurance/Pages/health-insurance.aspx>

The RAMQ website provides you information on health insurance, prescription drug insurance, aid programs and temporary stays outside Quebec. You will find the services available online as well as the forms necessary to benefit from the services offered.

SANTÉ ET SERVICES SOCIAUX QUÉBEC

Quick Reference: I'm taking care of my Health

<https://publications.msss.gouv.qc.ca/msss/fichiers/2016/16-909-01A.pdf>

This checklist offers you some tips to help you prepare for meetings with health professionals.

HAVE YOU HEARD OF DEPRESCRIBING?

Deprescribing means reducing or stopping medication. Its goal is to maintain or improve quality of life.

WHY RESORT TO DEPRESCRIBING?

Medication controls symptoms, cures illness and can even extend lifetime. However, it can cause side effects or interactions that can be harmful. The more medication we take, the higher the risks of negative effects. It's also important to know that as we get older, changes in the body make us more sensitive to medications, which increases the risk of suffering from negative side effects.

HOW DOES IT WORK?

For all these reasons, it's recommended to regularly review your medication with your health care provider. They will be able to determine whether the risk of taking a specific medication is higher than its benefits and if deprescribing is an option. **Deprescribing is a planned process that must always be done with the help of your doctor, nurse or pharmacist.**

Source: Canadian Deprescribing Network

CANADIAN DEPRESCRIBING NETWORK

www.deprescribingnetwork.ca

The Canadian Deprescribing Network provide you information about medication safety, deprescribing and safer alternatives to risky medications. Different articles and resources on the subject are proposed on the website of the Network.

Legal information

COMITÉ DES USAGERS DU CENTRE DE SANTÉ ET DE SERVICES SOCIAUX DE LAVAL – THE RIGHTS AND THE RESPONSABILITIES

<http://www.cucssslaval.ca/user/the-rights-and-the-responsibilities>

The various rights in terms of health and well-being in Quebec and everyone's responsibilities in this area are grouped together on this web page.

ÉDUCALOI

Caregivers: Practical Legal Tools

www.educaloi.qc.ca/en/caregivers-practical-legal-tools

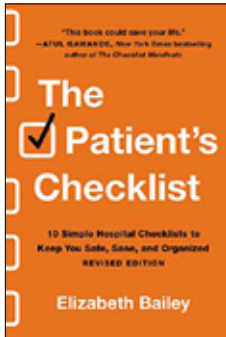
In this web guide, Éducaloi provides clear and useful legal information intended for caregivers.

Health Topics

www.educaloi.qc.ca/en/categories/health

This section of the Éducaloi website clearly explains the rights and responsibilities of doctors, patients, partners, caregivers, etc., within the Quebec health care system. Topics covered include the public health system, filing a complaint, access to medical records, making medical decisions, incapacity, and loss of autonomy.

READING SUGGESTIONS



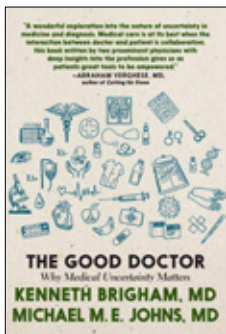
THE PATIENT'S CHECKLIST: 10 SIMPLE HOSPITAL CHECKLISTS TO KEEP YOU SAFE, SANE, AND ORGANIZED

Elizabeth Bailey. New York: Hachette, 2020, 161 p.

Whether you're addressing the rising chaos of a pandemic or preparing for a scheduled surgery, having checklists prepared to guide you through a hospital visit can often mean the difference between comfort and pain, personal and distant care – and even life or death. In today's hospital system, you can face a series of obstacles to satisfactory care, from overworked healthcare providers to understaffed facilities. This series of essential, easy-to-use checklists will help you better manage, monitor, and participate in your own healthcare. These include: Before You Go, What to Bring, Master Medication List, Discharge Plan, and more. It is more important than ever to have a protocol, including a detailed plan for hygiene and communications while hospitalized. You can trust the medical staff, but you also need to trust yourself or a loved one to be your own best advocate.



Also available on prenumerique.ca



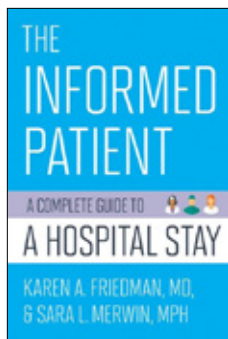
THE GOOD DOCTOR: WHY MEDICAL UNCERTAINTY MATTERS

Kenneth Brigham and Michael M.E. Johns. New York : Seven Stories Press, 2020, 238 p.

What makes a good doctor? It's not what people think. A doctor willing to face their own uncertainty in the face of illness and treatment might just be the best medicine. In *The Good Doctor*, Ken Brigham, MD, and Michael M.E. Johns, MD, argue that we need to change the way we think about health care if we want to be the healthiest we can be. Counterintuitive as it may seem, uncertainty is integral to medicine, and you want a doctor who knows that: someone who sees you as the unique case you are, someone who knows that data isn't everything, someone who is able to change her mind as the information changes.



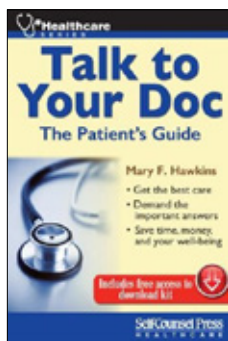
Also available on prenumerique.ca



THE INFORMED PATIENT: A COMPLETE GUIDE TO A HOSPITAL STAY

Karen A. Friedman and Sara L. Merwin. Ithaca: ILR Press, 2017, 228 p.

Even the most capable individuals are challenged when confronted with the complexity of the modern hospital experience. *The Informed Patient* is a guide and a workbook, divided into topical, focused sections with step-by-step instructions, insights, and tips to illustrate what patients and their families can expect during a hospital stay. Anyone who will experience a hospital stay – or friends or family who may be in charge of a patient's care – will find all the help and advice they could need in the detailed sections that cover every aspect of what they can expect.



TALK TO YOUR DOC: THE PATIENT'S GUIDE

Mary Hawkins. North Vancouver: Self-Counsel Press, 2015, 163 p.

Doctors are busier than ever and the Internet produces more information than ever for patients. Getting the right treatment can be challenging if you don't have the right approach. Mary Hawkins helps patients advocate for the best care with a guide on how to discuss your condition with your doctor.



GET INSIDE YOUR DOCTOR'S HEAD: 10 COMMONSENSE RULES FOR MAKING BETTER DECISIONS ABOUT MEDICAL CARE

Phillip K. Peterson. Baltimore: The Johns Hopkins University Press, 2013, 130 p.

In simple direct language Dr. Peterson tells readers how to understand their doctors' recommendations and ask intelligent questions about their validity.



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