

# DIABETES

INFORMATION FOR CAREGIVERS





# BIBLIOAIDANTS®

BETTER INFORMED  
TO BETTER HELP®

## ABOUT

*Biblio-Aidants* is a program of the Quebec Public Library Association, which includes the independent public libraries of Quebec (more than 5,000 residents). Close to 165 municipalities and corporations are members of the Quebec Public Library Association for a total of more than 300 service locations covering 81% of the Quebec population.

*Biblio-Aidants* is available in more than 640 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-Aidants* is an initiative of the Charlemagne, L'Assomption and Repentigny libraries. 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-Aidants* booklets and additional information.

[www.biblioaidants.ca](http://www.biblioaidants.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 2018 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-Aidants 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 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-Aidants, please visit [www.biblioaidants.ca/criteria](http://www.biblioaidants.ca/criteria)

ALZHEIMER'S  
DISEASE



AUTISM SPECTRUM  
DISORDER



BEREAVEMENT



CANCER



CAREGIVERS



DIABETES



HEART DISEASE  
AND STROKE



INTELLECTUAL  
DISABILITY



MENTAL  
HEALTH



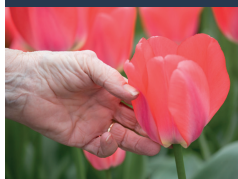
MULTIPLE  
SCLEROSIS



PALLIATIVE  
CARE



PARKINSON'S  
DISEASE



PHYSICAL  
DISABILITY



PULMONARY  
DISEASE



SENIORS  
AND AGING



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# RESOURCE DIRECTORY

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# ORGANIZATIONS AND ASSOCIATIONS

## CAPSANA

<b>Phone</b>	514 985-2466
<b>Email</b>	info@capsana.ca
<b>Website</b>	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.

## GLAUCOMA INFORMATION CENTRE

<b>Phone</b>	514 340-8222, extension 4954
<b>Email</b>	glaucomaed@yahoo.ca
<b>Website</b>	www.jgh.ca/en/GlaucomaInformationCentre

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 (“Educational DVD” section). In the “Useful link” section, you have a list of additional on-line resources.

## CHU SAINTE-JUSTINE DIABETES CLINIC

<b>Phone</b>	514 345-4980
<b>Email</b>	diabete.hsj@ssss.gouv.qc.ca
<b>Website</b>	www.jeunediabete.com

The CHU Sainte-Justine Diabetes Clinic brings together a multidisciplinary team which provides ultra-specialized care to patients aged 0 – 18 affected by Type 1 and Type 2 diabetes. The clinic operates a 24-hour hotline for emergencies and for diabetic patients monitored outside the clinic, in addition to an educational program accredited by the *Association des diabétiques du Québec*, which includes a program for newly diagnosed diabetic patients and their families and a training program on the insulin subcutaneous pump.

## DIABETES QUÉBEC

Phone	514 259-3422
Toll free	1 800 361-3504
Email	<a href="mailto:info@diabete.qc.ca">info@diabete.qc.ca</a>
Website	<a href="http://www.diabete.qc.ca/en">www.diabete.qc.ca/en</a>

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 offers six free mobile applications, including Insulin pumps, Getting fit, Resto guide and a Travel guide.

### Training Program for people with diabetes

[www.diabete.qc.ca/en/understand-diabetes/resources/maps](http://www.diabete.qc.ca/en/understand-diabetes/resources/maps)

These training sessions are offered by health care professionals in the various associations affiliated with Diabetes Québec.

They are designed for adults with diabetes and their families. The above link provides a map to locate participating organizations in your area.

### Foot Care

[www.diabete.qc.ca/en/living-with-diabetes/care-and-treatment/body-care/foot-care](http://www.diabete.qc.ca/en/living-with-diabetes/care-and-treatment/body-care/foot-care)

*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.

## INFODIABETES SERVICE

Phone	514 259-3422, extension 233
Toll free	1 800 361-3504, extension 233
Email	<a href="mailto:infodiabete@diabete.qc.ca">infodiabete@diabete.qc.ca</a>
Online chat	<a href="http://www.diabete.qc.ca/en/diabetes-quebec/contact/chat">www.diabete.qc.ca/en/diabetes-quebec/contact/chat</a>

*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.

## DIABETIC CHILDREN'S FOUNDATION

Phone	514 731-9683
Toll free	1 800 731-9683
Email	info@diabetes-children.ca
Website	www.diabetes-children.ca/en/

For more than 40 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.

### Toolbox

[www.diabetes-children.ca/en/toolbox/](http://www.diabetes-children.ca/en/toolbox/)

Under the "Toolbox" tab, you can access issues of ContactD Magazine, pamphlets on the Foundation's services, as well as different tools intended for families and schools.

### Camp Carowanis, a unique Camp specialized in Type 1 Diabetes

[www.diabetes-children.ca/en/commitment/camp-carowanis/](http://www.diabetes-children.ca/en/commitment/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.

## DIETITIANS OF CANADA

Phone	416 596-0857
Email	contactus@dietitians.ca
Website	www.dietitians.ca

Under the tab "Your Health" on the Dietitians of Canada website, you will find many resources related to meal planning and good eating habits. There is also a search tool to find the nearest professional.

## JUVENILE DIABETES RESEARCH FOUNDATION CANADA (JDRF)

Phone	647 789-2000
Toll free	1 877 287-3533
Email	general@jdrf.ca
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  
**Email** [info@kidney.ca](mailto:info@kidney.ca)  
**Website** [www.kidney.ca](http://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.

### **Diabetes and Kidney Disease**

[www.kidney.ca/document.doc?id=298](http://www.kidney.ca/document.doc?id=298)

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.

### **Eating Guidelines for Diabetes and Chronic Kidney Disease**

[www.kidney.ca/document.doc?id=4622](http://www.kidney.ca/document.doc?id=4622)

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

## THE CAREGIVER NETWORK

**Website** <https://thecaregivernetwork.ca>

The Caregiver Network Network brings together partners from all across Canada, with a common goal of providing information and supporting caregivers, healthcare beneficiaries and professionals with the help of distance learning technologies.



## 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?

## INTERNET RESOURCES

### **AMERICAN DIABETES ASSOCIATION – DIABETES BASICS**

[www.diabetes.org/diabetes-basics](http://www.diabetes.org/diabetes-basics)

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.

### **CANADIAN DIABETES CARE GUIDE**

[www.diabetescareguide.com/](http://www.diabetescareguide.com/)

The *Canadian Diabetes Care Guide* is a digest sized magazine and online resource written by Diabetes Professionals for people with diabetes, Canadians being among a growing number of newly diagnosed around the world. Whether it's patients in British Columbia, diabetics in Ontario, diabetics in Quebec or in Maritimes, the guide helps cover the basics of monitoring, moving towards a healthy lifestyle and diet.

### **MEDICAL NEWS TODAY – DIABETES: SYMPTOMS, CAUSES AND TREATMENTS**

[www.medicalnewstoday.com/info/diabetes](http://www.medicalnewstoday.com/info/diabetes)

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**

[www.muhcpatienteducation.ca/DATA/GUIDE/551\\_en~v~diabetes-in-children.pdf](http://www.muhcpatienteducation.ca/DATA/GUIDE/551_en~v~diabetes-in-children.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.phac-aspc.gc.ca/cd-mc/diabetes-diabete/index-eng.php](http://www.phac-aspc.gc.ca/cd-mc/diabetes-diabete/index-eng.php)

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.

## **PUBLIC HEALTH AGENCY OF CANADA – LIVING WITH DIABETES**

[www.phac-aspc.gc.ca/cd-mc/diabetes-diabete/living-vivre-eng.php](http://www.phac-aspc.gc.ca/cd-mc/diabetes-diabete/living-vivre-eng.php)

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**

[www.ricardocuisine.com/en/cooking-for-diabetics](http://www.ricardocuisine.com/en/cooking-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.

## HEALTHY CANADIANS

[www.canada.ca/en/services/health.html](http://www.canada.ca/en/services/health.html)

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

## MAYO CLINIC

[www.mayoclinic.org/patient-care-and-health-information](http://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.nlm.nih.gov/medlineplus/medlineplus.html](http://www.nlm.nih.gov/medlineplus/medlineplus.html)

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

## PORTAIL SANTÉ MIEUX-ÊTRE

[www.sante.gouv.qc.ca/en/](http://www.sante.gouv.qc.ca/en/)

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

# 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](http://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](http://www.banq.qc.ca/formulaires/abonnement)

### **BOOKS24/7 WELL-BEING ESSENTIALS**

<http://numerique.banq.qc.ca/ressources/details/5259>

Books on health and well-being available online. This collection covers several topics, including hygiene, nutrition, stress management, work, work-life balance, relationships, family, consumption, etc.

## **CONSUMER HEALTH COMPLETE**

<http://numerique.banq.qc.ca/ressources/details/5278>

A database of periodicals, reference material and diverse medical sources gathered to meet the needs of users and not health professionals. It covers topics related to health, such as medicine, cancer, drugs, physical training, nutrition, child health as well as alternative medicines. Resources in several languages.

## **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.

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# READING SUGGESTIONS

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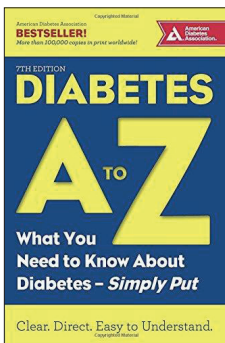
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THE DOCUMENT YOU WOULD LIKE FROM  
ANOTHER LIBRARY.**



## NON-FICTION

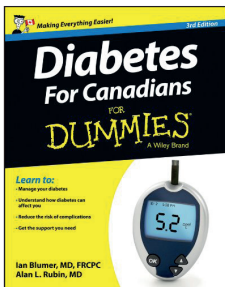
## General works



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

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

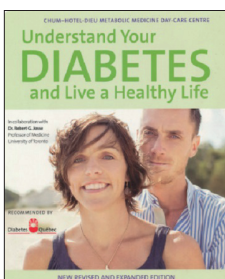
An A to Z guide to dealing with diabetes. From the A1C test to getting your ZZZ's, you'll get the most up-to-date recommendations from the American Diabetes Association – and get back to living your life.



## DIABETES FOR CANADIANS FOR DUMMIES

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

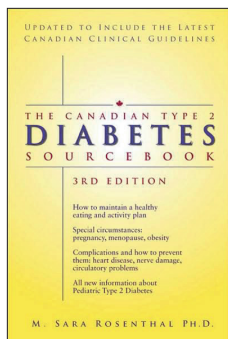
This helpful guide returns with a new edition – thoroughly revised and updated with the latest guidelines from the Canadian Diabetes Association, along with new medical findings. Offering you reassuring guidance for putting together a state-of-the-art diabetes treatment program, this friendly-yet-informative 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.

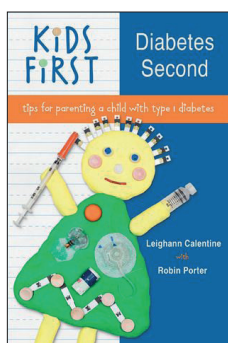


## THE CANADIAN TYPE 2 DIABETES SOURCEBOOK

**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.

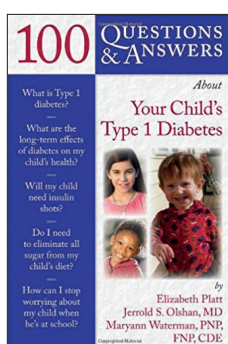
## Diabetes in children and adolescents



## 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.

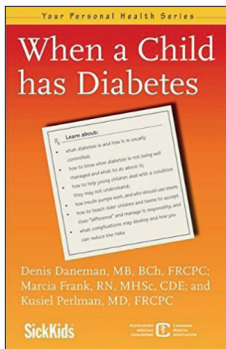
In a style both practical and affirming this book presents Leighann's advice to help parents and caregivers enable children with diabetes to thrive. Learn how to automate tasks, navigate challenges, celebrate achievements, establish a support group, relieve stress, and avoid being consumed by management 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.

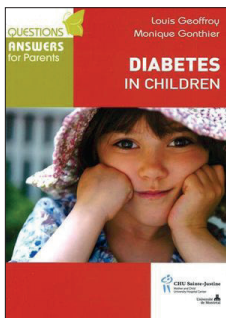
*100 Questions & Answers About Your Child's Type 1 Diabetes* provides authoritative, practical answers to the most common questions about the disease. This reader-friendly guide is an invaluable resource for learning how to manage the medical, emotional, and practical daily challenges of raising a child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



## WHEN A CHILD HAS DIABETES

**Denis Daneman.** Toronto: Key Porter Books, 2010, 246 p.

This is the go-to guide for parent and family members to help children understand, cope, and live with diabetes. Topics covered include: What diabetes is and how it is usually controlled; How to know when diabetes is not being well managed, and what to do about it; How to help young children deal with a condition they may not understand; How insulin pumps work, and who should use them; How to teach older children and teens to accept their “difference” and manage it responsibly; What complications may develop and how you can reduce the risks.



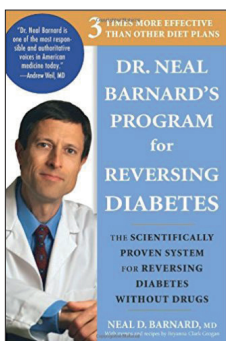
## DIABETES IN CHILDREN

**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](http://prenumerique.ca)

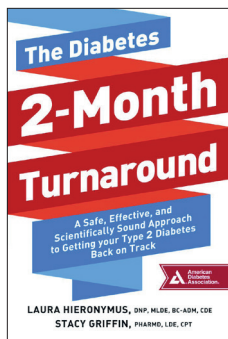
## Healthy living



## 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.

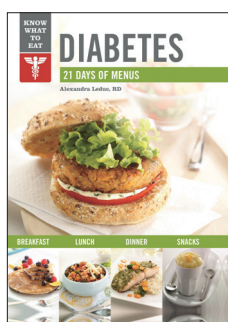
Author Laura Hieronymus has created a blueprint for getting health back on track safely, effectively, and for the long term. Using the results of years of behavioral research, Dr. Hieronymus has created a complete 2-month program for people with diabetes who need to get their glucose under control. The 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.

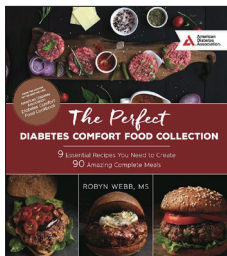


## DIABETES: 21 DAYS OF MENUS

**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.

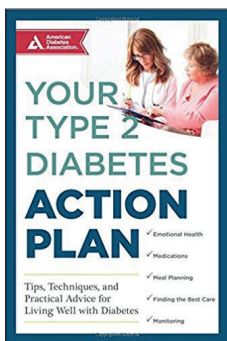
 Also available on [prenumerique.ca](http://prenumerique.ca)



## 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.

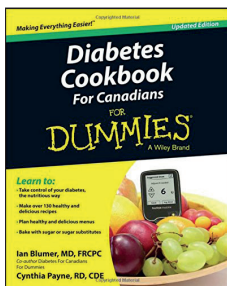
In this book, Robyn Webb focuses on nine favorite comfort foods and makes ten variations of each to give home cooks new, healthy twists on the meals they crave. Along with nearly 100 classic recipes, this book also features a meal-planning section that helps readers match a favorite comfort food dish 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.

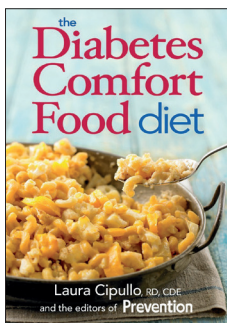
Designed specifically for those are ready to take action, *Your Type 2 Diabetes Action Plan* is a concise, step-based approach to quickly improving blood glucose management and quality of life.



## DIABETES COOKBOOK FOR CANADIANS FOR DUMMIES

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

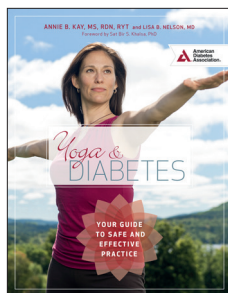
This updated edition offers an abundance of recipes that will help diabetics and prediabetics enjoy meals and manage their diabetes. Based on the most recent edition of the *Clinical Practice Guidelines for Diabetes Management*, this new cookbook includes over 100 additional recipes and updated coverage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

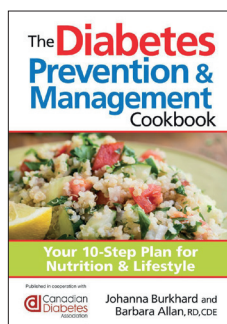
Based on the latest research and very easy 3-step program, the *Diabetes Comfort Food Diet* transforms your most-loved dishes into diabetes-friendly meals that will promote weight loss and reverse insulin resistance. Each of the recipes in this book will help you maintain a healthy glucose level while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

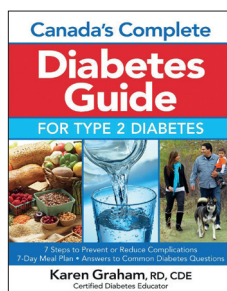
This book is an accessible guide for individuals with diabetes interested in beginning or deepening a yoga practice. It provides tailored guidance to people with type 1, type 2, or gestational diabetes, and features 30 yoga postures and breathing exercises arranged into programs to suit every person's 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.

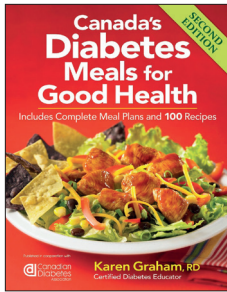
The incidence rate of diabetes continues to grow at alarming levels. To combat this worrisome trend, the authors provide an easy-to-follow plan in 10 comprehensive steps. All the information is evidence-based and meets the very latest recommendations from North American experts on diabetes. The program 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.



## CANADA'S COMPLETE DIABETES GUIDE FOR TYPE 2 DIABETES

**Karen Graham.** Toronto: Robert Rose Inc., 2013, 416 p.

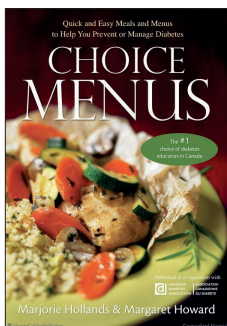
You can live and enjoy a healthy life with diabetes. This book covers all aspects of the condition, from health issues and concerns to lifestyle recommendations. Whether you're at risk of type 2 diabetes, newly diagnosed with type 2 diabetes or have had type 2 diabetes for many years, this book is for you.



## CANADA'S DIABETES MEALS FOR GOOD HEALTH: INCLUDES COMPLETE MEAL PLANS AND 100 RECIPES

**Karen Graham.** Toronto: Robert Rose Inc., 2012, 320 p.

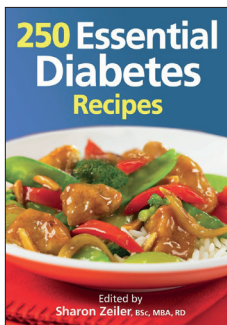
This book provides easy meal planning for people managing diabetes. Carefully planned, nutritious meals and sensible portion sizes are an essential part of diabetes management. This book makes meal planning easy and straightforward. These meals are so easy, satisfying, nutritious and delicious, they will be enjoyed not only by those managing diabetes but by anyone who loves great food.



## 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.

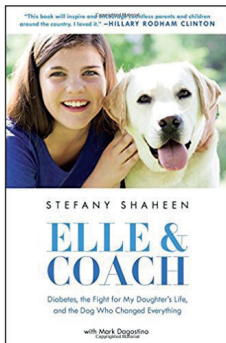


## CANADA'S 250 ESSENTIAL DIABETES RECIPES

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.

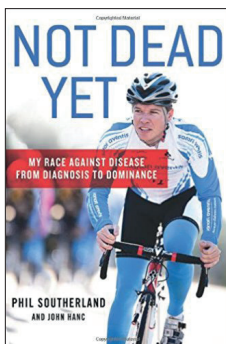
# LIFE STORIES, BIOGRAPHIES AND TESTIMONIALS



## **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.

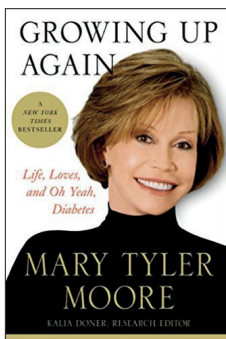
This is the true story of a Type-A mom struggling to care for a daughter who has Type 1 diabetes and the incredible service dog who changes their lives for the better. Stefany Shaheen takes readers on an emotional journey as she tries everything to manage her daughter Elle's deadly and unpredictable 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.

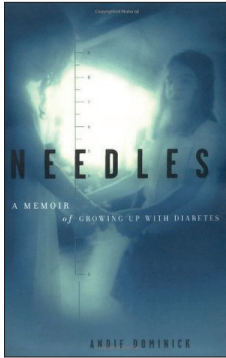
Part memoir, part sports adventure, *Not Dead Yet* tells the inspirational story of Phil Southerland's battle with Type 1 diabetes and how he overcame all odds to start his own bicycle racing team and twice win the Race Across America.



## **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.

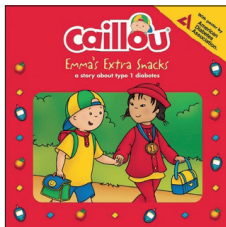


## **NEEDLES: A MEMOIR OF GROWING UP WITH DIABETES**

**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.

# YOUTH LITERATURE

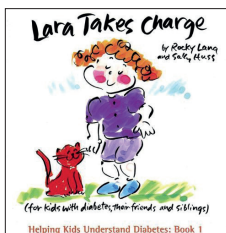


AGES 3 TO 8

## 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.

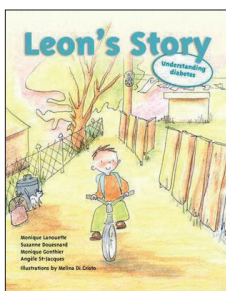


AGES 3 TO 8

## 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.

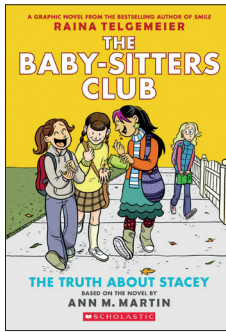


AGES 6 TO 9

## 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.

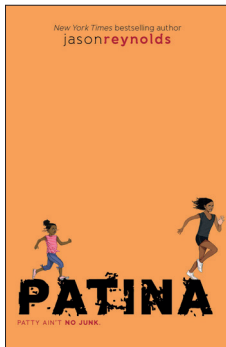


AGES 9 TO 12

## THE TRUTH ABOUT STACEY

**Raina Telgemeir.** 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.

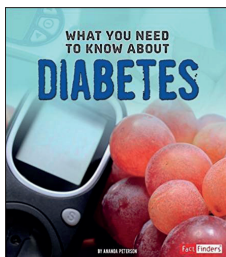


AGES 10+

## 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.

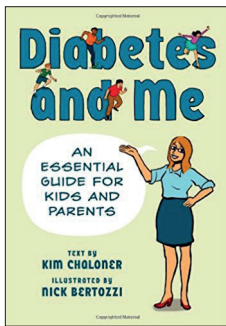


AGES 10+

## 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?

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# FILM, SERIES AND PROGRAM SUGGESTIONS

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## DID YOU KNOW?

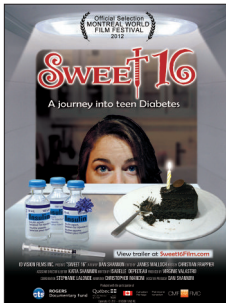
LIBRARIES HAVE RICH COLLECTIONS OF DVDS AND BLU-RAYS THAT CAN BE BORROWED. THEY ALSO OFFER ONLINE ACCESS TO MOVIES, SERIES AND PROGRAMS. CHECK WITH YOUR LOCAL LIBRARY.



## DOCUMENTARIES

**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/](http://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.







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