

DIABETES

INFORMATION FOR CAREGIVERS





BIBLIOAIDANTS®

BETTER INFORMED
TO BETTER HELP®

ABOUT

Biblio-Aidants is a program of the Quebec Public Library Association. Close to 175 municipalities and corporations are members of the Quebec Public Library Association for a total of more than 318 service locations covering 84% of the Quebec population. Biblio-Aidants is available in more than 760 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

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 2020 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

CAREGIVERS



CAREGIVERS BOOKLET

This booklet is complementary to all booklets of the Biblio-Aidants Program. It highlights useful resources to support caregivers and health system users. The resources selection takes into account a patient-partner approach that seeks to make health system users autonomous, thereby helping them to make their own informed choices.

OTHER BOOKLETS AVAILABLE

ALZHEIMER'S
DISEASE



AUTISM SPECTRUM
DISORDER



BEREAVEMENT



CANCER



DIABETES



HEART DISEASE
AND STROKE



INTELLECTUAL
DISABILITY



MENTAL
HEALTH



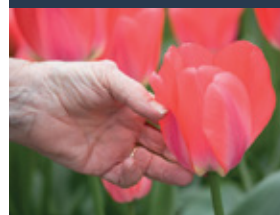
MULTIPLE
SCLEROSIS



PALLIATIVE
CARE



PARKINSON'S
DISEASE



PHYSICAL
DISABILITY



PULMONARY
DISEASE



SENIORS
AND AGING



RESOURCE DIRECTORY



ORGANIZATIONS AND ASSOCIATIONS

CHU SAINTE-JUSTINE DIABETES CLINIC

Phone	514 345-4980
Email	diabete.hsj@ssss.gouv.qc.ca
Website	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. Website in french only.

DIABETES QUÉBEC

Phone	514 259-3422
Toll free	1 800 361-3504
Email	infodiabete@diabete.qc.ca
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 offers six free mobile applications, including Insulin pumps, Getting fit, Resto guide and a Travel guide.

InfoDiabetes Service

Phone	514 259-3422, extension 233
Toll free	1 800 361-3504, extension 233
Email	infodiabete@diabete.qc.ca
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.

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.

GLAUCOMA INFORMATION CENTRE

Phone	514 340-8222, extension 24954
Email	glaucomaed@yahoo.ca
Website	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 ("Educational DVD" section). In the "Useful link" section, you have a list of additional on-line resources.

JUVENILE DIABETES RESEARCH FOUNDATION CANADA (JDRF)

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
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.

AMERICAN DIABETES ASSOCIATION – DIABETES BASICS

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 CAREGIVER NETWORK

<https://thecaregivernetwork.ca>

The Canadian Caregiver Network mission is to bring caregivers together to share their experiences. With Huddol, their social platform dedicated to caregivers, you can join a community committed to your well-being where you can exchange with professionals and others like you.

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 Guideline 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.

DIABETIC CHILDREN'S FOUNDATION

Documentation centre

www.diabetes-children.ca/en/toolbox/

Under the "Documentation Centre" 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/

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 – 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

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

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

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.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

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.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).

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>

SKILLSOFT BOOKS WELL-BEING ESSENTIALS

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

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.

READING SUGGESTIONS

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

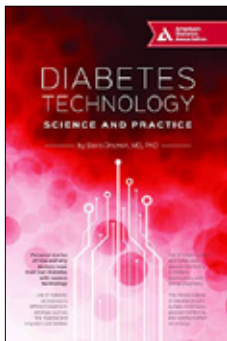
LEARN ABOUT THE
LOAN SERVICE BETWEEN LIBRARIES.

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



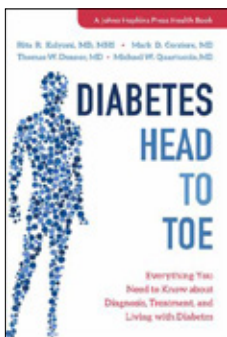
NON-FICTION

General works

**DIABETES TECHNOLOGY: SCIENCE AND PRACTICE**

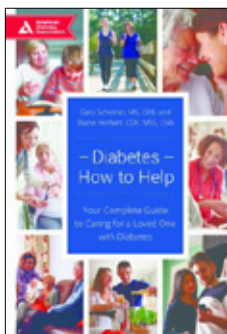
Boris Draznin. Arlington: American American Diabetes Association, 2019, 418 p.

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**

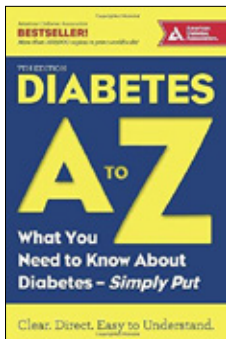
Rita R. Kalyani. Baltimore: Johns Hopkins University Press, 2018, 325 p.

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.

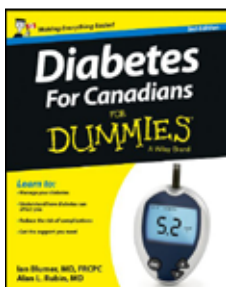
There are dozens of books and online resources designed specifically for the person with diabetes, but very few that address the needs and interests of their support network. This leaves the vast majority of caregivers in a quandary regarding their role. Many are under-educated on diabetes and its management,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

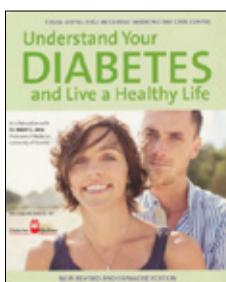
An A to Z guide to dealing with diabetes. From the A1C test to getting your ZZZ's, you'll get the most up-to-date recommendations from the American Diabetes Association – and get back to living your life.



DIABETES FOR CANADIANS FOR DUMMIES

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

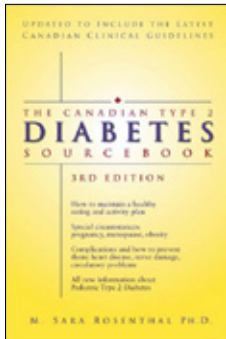
This helpful guide returns with a new edition – thoroughly revised and updated with the latest guidelines from the Canadian Diabetes Association, along with new medical findings. Offering you reassuring guidance for putting together a state-of-the-art diabetes treatment program, this friendly-yet-informative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

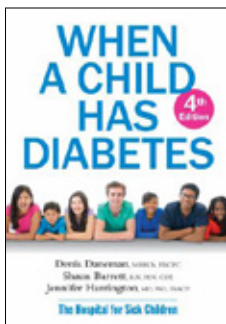


THE CANADIAN TYPE 2 DIABETES SOURCEBOOK

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.

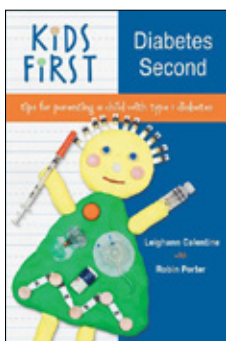
Diabetes in children and adolescents



WHEN A CHILD HAS DIABETES

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

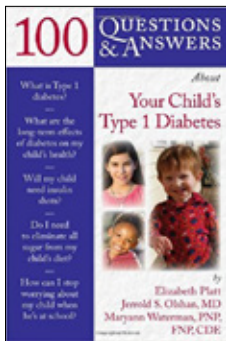
This book offers the latest comprehensive medical expertise based on current research and standards for children diagnosed with diabetes. It aims to provide parents and caregivers with the information they need to learn as much as possible about juvenile diabetes and give them the skills needed for successful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

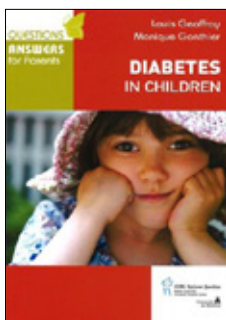
In a style both practical and affirming this book presents Leighann's advice to help parents and caregivers enable children with diabetes to thrive. Learn how to automate tasks, navigate challenges, celebrate achievements, establish a support group, relieve stress, and avoid being consumed by management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



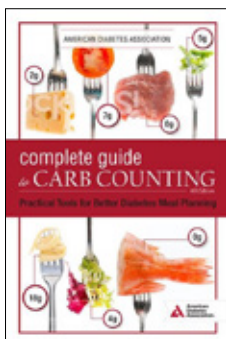
DIABETES IN CHILDREN

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](http://prenumerique.ca)

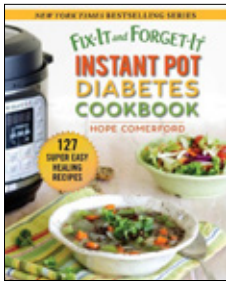
Healthy living



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

American 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.

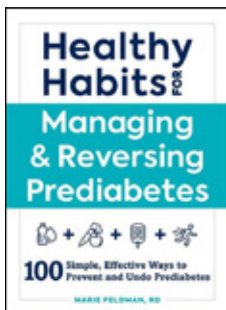
Meal planning can be tough when you or someone in your family has diabetes. Fix-It and Forget-it Instant Pot Diabetes Cookbook is here to help! Here are 127 easy-to-prepare recipes that you can mix and match to make your breakfasts, lunches, dinners, snacks, and desserts a snap! You want to put a delicious 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, Healthy Habits for Managing and Reversing Prediabetes 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.

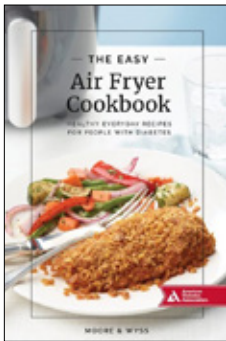
 Also available on prenumerique.ca



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.

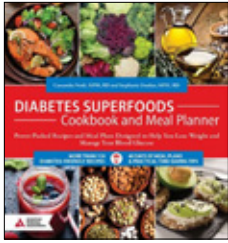
This innovative kitchen appliance allows you to make your favorite fried foods – like crunchy fried chicken or crispy French fries – without the mess of a pot of hot oil or the addition of tons of extra fat. The Easy Air Fryer Cookbook helps you make the most of your air fryer with dozens of healthy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

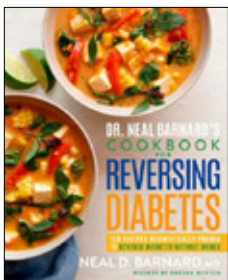
Experts agree that a Mediterranean-style eating pattern is one of the best for people with diabetes. Now you can enjoy the health benefits and exciting flavors of Mediterranean cuisine with this new edition.



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.

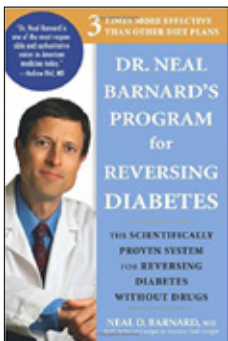
Discover how deliciously simple eating for diabetes can be with a superfoods approach to cooking and meal planning!



DR. NEAL BARNARD'S COOKBOOK FOR REVERSING DIABETES

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

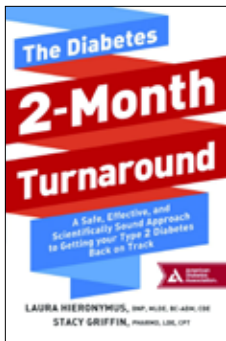
In this cookbook, expect to find favorite foods like burgers, onion rings, muffins, and pudding, but approached from a healthful angle—focusing on vegetables, fruits, whole grains, and legumes. Dr. Barnard also offers thorough explanations about the scientific relationship between nutrition and diabetes, 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.

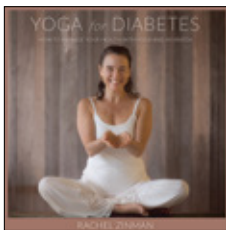
Revised and updated, this latest edition of Dr. Barnard's book features a new preface, updates to diagnostic and monitoring standards, recent research studies, and fresh success stories of people who have eliminated their diabetes by following this life-changing plan. Dr. Barnard has shown that it is 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.

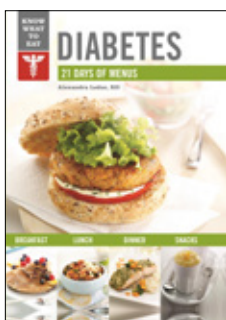
Author Laura Hieronymus has created a blueprint for getting health back on track safely, effectively, and for the long term. Using the results of years of behavioral research, Dr. Hieronymus has created a complete 2-month program for people with diabetes who need to get their glucose under control. The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

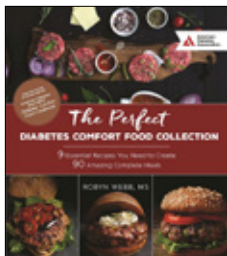


DIABETES: 21 DAYS OF MENUS

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.

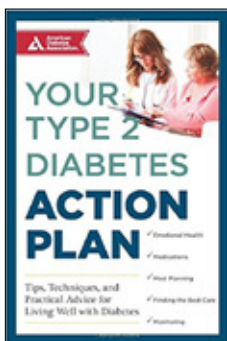
 *Also available on prenumerique.ca*



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.

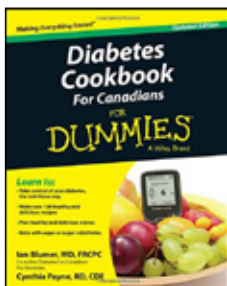
In this book, Robyn Webb focuses on nine favorite comfort foods and makes ten variations of each to give home cooks new, healthy twists on the meals they crave. Along with nearly 100 classic recipes, this book also features a meal-planning section that helps readers match a favorite comfort food dish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

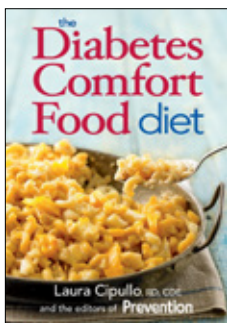
Designed specifically for those are ready to take action, *Your Type 2 Diabetes Action Plan* is a concise, step-based approach to quickly improving blood glucose management and quality of life.



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.

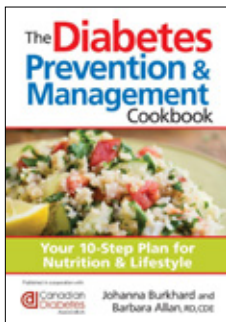
Based on the latest research and very easy 3-step program, the *Diabetes Comfort Food Diet* transforms your most-loved dishes into diabetes-friendly meals that will promote weight loss and reverse insulin resistance. Each of the recipes in this book will help you maintain a healthy glucose level while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

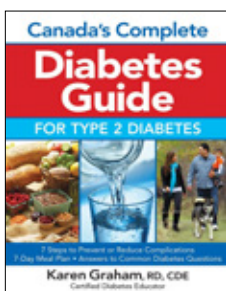
This book is an accessible guide for individuals with diabetes interested in beginning or deepening a yoga practice. It provides tailored guidance to people with type 1, type 2, or gestational diabetes, and features 30 yoga postures and breathing exercises arranged into programs to suit every person's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

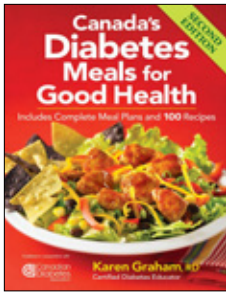
The incidence rate of diabetes continues to grow at alarming levels. To combat this worrisome trend, the authors provide an easy-to-follow plan in 10 comprehensive steps. All the information is evidence-based and meets the very latest recommendations from North American experts on diabetes. The program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



CANADA'S COMPLETE DIABETES GUIDE FOR TYPE 2 DIABETES

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

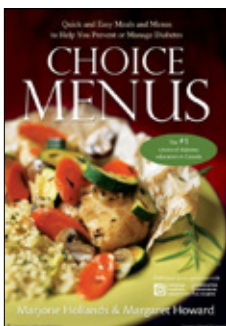
You can live and enjoy a healthy life with diabetes. This book covers all aspects of the condition, from health issues and concerns to lifestyle recommendations. Whether you're at risk of type 2 diabetes, newly diagnosed with type 2 diabetes or have had type 2 diabetes for many years, this book is for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



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

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

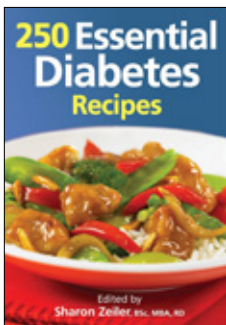
This book provides easy meal planning for people managing diabetes. Carefully planned, nutritious meals and sensible portion sizes are an essential part of diabetes management. This book makes meal planning easy and straightforward. These meals are so easy, satisfying, nutritious and delicious, they 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.

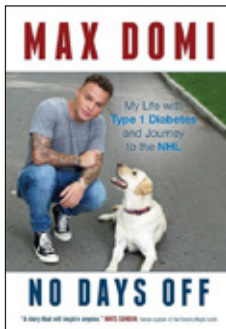


CANADA'S 250 ESSENTIAL DIABETES RECIPES

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

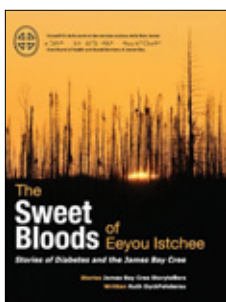


NO DAYS OFF: MY LIFE WITH DIABETES AND JOURNEY TO THE NHL

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 prenumerique.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.

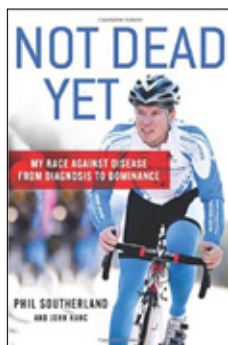
This is a collection of literary creative non-fiction stories of James Bay Cree First Nations people who are living with diabetes.



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.

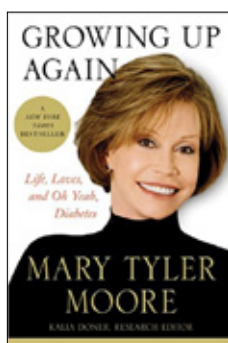
This is the true story of a Type-1 mom struggling to care for a daughter who has Type 1 diabetes and the incredible service dog who changes their lives for the better. Stefany Shaheen takes readers on an emotional journey as she tries everything to manage her daughter Elle's deadly and unpredictable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

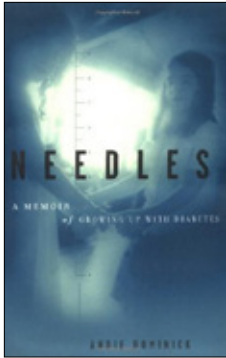
Part memoir, part sports adventure, *Not Dead Yet* tells the inspirational story of Phil Southerland's battle with Type 1 diabetes and how he overcame all odds to start his own bicycle racing team and twice win the Race Across America.



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.

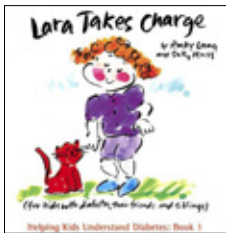
YOUTH LITERATURE



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.

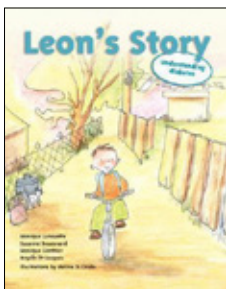
Caillou is confused when Emma is allowed to have extra snacks at preschool. He's even more confused when Miss Martin explains that Emma has type 1 diabetes. Caillou is worried about his friend and becomes very protective of her. But when Emma outruns Caillou in a race, he soon realizes Emma's diabetes 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.

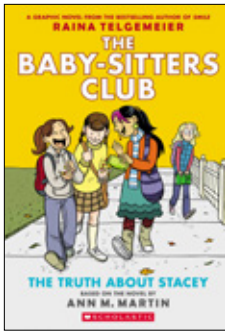
Friendly pictures with lots of color are used to describe Lara, a little girl with diabetes. Lara tells of all the things that she does that regular kids do – run, swim, dance – and she talks about her insulin pump and doing blood tests. If you have a young child with diabetes, Lara's story will help 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.

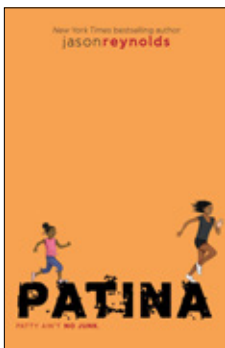


AGES 9 TO 12

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.

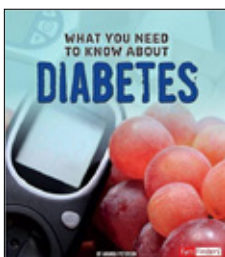


AGES 10+

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.

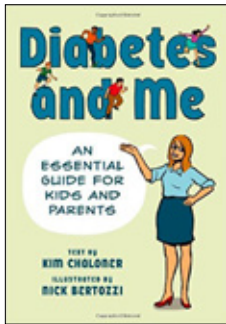


AGES 10+

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?

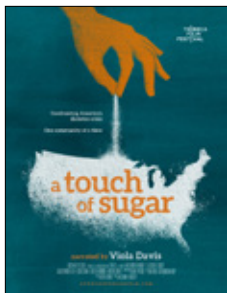
FILM, SERIES AND PROGRAM SUGGESTIONS

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



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.

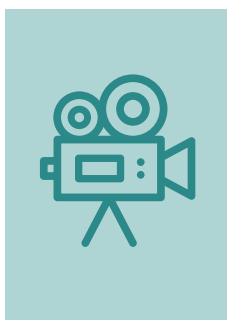


SWEET DREAMS FOR CHIYO

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

Maamuitau, CBC. 2012, 28 min.

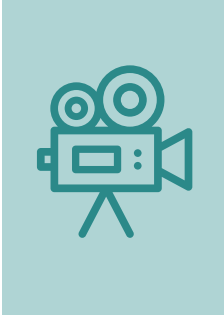
Diabetes among Aboriginal peoples on CBC North's weekly Cree-language magazine of news and current affairs.



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.

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