

## Diabetes Toolkit

*"For most of my patients who are dealing with diabetes there is no "one-size-fits-all" solution that I can recommend. People have different styles and different needs. This toolkit offers a "buffet" of options from which you can choose. The idea is that you take a look around and find something that you like, whether it's a targeted worksheet, online support, or a great book. Pick the resource (or combination) that you think will work for you."*

— Dr. Mike Evans

### The Overview

*Note: American resources can be great but it is important to remember that they report their units differently. Try our glucose converter tool if you want to convert.*

Diabetes care has really become healthy heart care. Both these sites represent Canadian trusted resources.



Visit online:

- <http://ww2.heartandstroke.ca>
- <http://www.diabetes.ca>
- This is the link to the healthy living part of the American Heart Association website: <http://www.americanheart.org/presenter.jhtml?identifier=1200009>
- Medline Plus is a renowned collection of various resources. This is an excellent list of tools for a variety of users: <http://www.nlm.nih.gov/medlineplus/diabeticdiet.html>
- The Centre for Disease Control (CDC) also provides an excellent menu of self-care resources called "Diabetes & Me": <http://www.cdc.gov/diabetes/consumer/eatright.htm>

### Finding a Local Expert in Ontario



Visit online:

- This has basic information regarding diabetes but it also provides a useful navigator for local diabetes education centres (DEC) across Ontario: <http://www.diabetesontario.org/>

### Eating and Diabetes



Visit online:

- Food and its effect on blood sugar can be confusing. This is a succinct review from Diabetes Voice, the newsletter for the public from the International Diabetes Federation. [http://www.diabetesvoice.org/issues/2004-12/Foods\\_and\\_their\\_effects\\_on\\_blood\\_sugar.cfm](http://www.diabetesvoice.org/issues/2004-12/Foods_and_their_effects_on_blood_sugar.cfm)

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### ***Foot Complications***



Visit online:

Foot complications for people with diabetes can creep up so a basic understanding can help. This is a succinct review from Diabetes Voice, the newsletter for the public from the International Diabetes Federation. <http://www.diabetesvoice.org/search/?a=373>

### ***Exercise and Diabetes***



Visit online:

- The American Diabetes Association has put together an excellent menu of resources for activity. <http://www.diabetes.org/weightloss-and-exercise/exercise/overview.jsp>

### ***Insulin Resources***



Visit online:

- Insulin gets a bad rap as many of my patients picture failure, large needles, and pain. In fact, many of my patients experience the reverse. Insulin gives them more control, the new pen needles make it easy and pain-free, and they can come off their pills which may be giving them unwelcome side-effects. This is an excellent resource for patients who are starting or wanting to improve their use of insulin. [http://www.diabetes.ca/Section\\_About/insulinIndex.asp](http://www.diabetes.ca/Section_About/insulinIndex.asp)

### ***Aboriginal Resources***



Visit online:

- The CDA has put together a group of resources for this at-risk population. <http://www.diabetes.ca/aboriginal/available.asp>

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### Bibliography

*“Bibliotherapy is when we prescribe a book to improve the health and well-being of an individual. Some people do well with just advice from their caregiver or friends, but at other times sitting down with a book, especially one that is inspiring and based on high-quality research, is the best solution.”*

— Dr. Mike Evans



#### Read:

- Blumer, I., **Diabetes for Canadians for Dummies**, 2004
  - A nice overview in the “for Dummies” style with Canadian targets and units.
- Rubin, R., Arsham G., **101 Tips for Coping with Diabetes**
  - This book provides bite-sized information on both the science and art of self-managing diabetes. It is published by the American Diabetes Association.
- Petro Roybal, B.A., **PreDiabetes Wake-Up Call: It's Not Too Late to Stop Diabetes in Its Tracks**
  - A book targeted at those who don't quite have type 2 diabetes but do have above normal blood sugars. This group is the biggest part of the “iceberg” and this 2006 book outlines what to do to fend off full blown diabetes.
- Paresh, P., Ohlson, M., Machado, A. **Healing Gourmet: Eat to Beat Diabetes**
  - This is a new book with updated menus for people with diabetes.
- Schwartz, R, **The Enlightened Eater Whole Food Guide**
  - A well respected Canadian dietitian looks at the big picture of eating nutritiously.