The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at www.umcvc.org/mwrc

Brochures, Fact sheets
- National Diabetes Education Program
  - 4 Steps to Manage Your Diabetes for Life
  - Take Care of Your Feet for a Lifetime
  - Taking Care of Your Diabetes Means Taking Care of Your Heart
  Also available online, in English and Spanish, along with other publications at: http://ndep.nih.gov/publications/index.aspx

- National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
  - Prevent Diabetes Problems: Keep Your Heart and Blood Vessels Healthy
  - What I Need to Know about Eating & Diabetes
  - Your Guide to Diabetes: Type 1 and Type 2
  Also available online at: http://diabetes.niddk.nih.gov/

Other relevant publications are also available in English and Spanish.

- University of Michigan Comprehensive Diabetes Center
  - Diabetes 101
  Also available online at: http://www.med.umich.edu/pdf/Diabetes-101-Taking-Charge.pdf

Books


Audiovisual Resources


- National Diabetes Education Program Videos
  - **Diabetes Travel Tips Video**
  - **Healthy Eating with Diabetes Video**
  - **Living with Diabetes: Finding the Support You Need Video**
  Access these video titles as well as others at: [https://www.youtube.com/user/ndepgov/videos](https://www.youtube.com/user/ndepgov/videos)


Web Resources

- **American Diabetes Association**
  This site offers specific sections for recently diagnosed, diet and nutrition, diabetes prevention, treatment and research.

- **Michigan Comprehensive Diabetes Center**
  [http://www.med.umich.edu/diabetes/patients/](http://www.med.umich.edu/diabetes/patients/)
  The University of Michigan Diabetes Center site has comprehensive information about medical and social issues related to diabetes including a diabetes dictionary, personal stories, nutrition and physical activities and test.

- **National Diabetes Education Program (NDEP)**
  This site includes diabetes education in several languages, and an online catalog that links to many publications about all aspects of diabetes.

- **National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)**
  This site includes health information on Diabetes and Digestive and Kidney Diseases.
University of Michigan Resources

• University of Michigan Comprehensive Diabetes Center
  This comprehensive clinic allows patients with diabetes, diabetes complications and other hormone-related issues to receive state-of-the-art care and the option of participating in local and national diabetes research studies.

• University of Michigan Diabetes Education Classes
  The University of Michigan has excellent diabetes education classes to teach adult, pediatric and adolescent patients how to care for and manage their disease. Classes are offered for all types of diabetes and cover topics such as nutrition, exercise, preventing sugar lows and highs, complications and other vital information.

University of Michigan Diabetes Support Groups
  Free support groups are available for adults and seniors living with type 1 and type 2 diabetes, as well as those who deal with complications from diabetes. The groups are led by the Diabetes Education Program staff and other affiliated U-M Health System staff, such as certified diabetes educator nurses and dietitians.

• Tobacco Consultation Service
  Group and individual quit-smoking programs.
  For more information access: [http://hr.umich.edu/mhealthy/programs/tobacco/](http://hr.umich.edu/mhealthy/programs/tobacco/) or call (734) 998-6222 or email quitsmoking@med.umich.edu

Patient Support Organizations

• American Diabetes Association
  1-800-342-2383

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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