



Diabetes

January 2010

This pathfinder will be useful in finding information about diabetes.

Key Resources at a Glance:

- [*10 Steps to Better Living with Diabetes*](#) by Ginger Kanzer-Lewis (616.462 KAN). This book gives survival tips one needs to deal with diabetes in the real world. Some of the chapters contain information on how to build support networks, managing a social life and tackling financial issues. This book promises real solutions to real problems faced by diabetics.
- [*50 Things You Need to Know About Diabetes: Expert Tips for Taking Control*](#) by Kathleen Stanley (616.462 STA). This book cuts through the confusing and sometimes conflicting information about diabetes and helps the reader with the most important factors in staying healthy, eating right and living well with diabetes. Each tip is described in a short, easy to understand chapter.
- American Diabetes Association Website <http://www.diabetes.org> The American Diabetes Association is the nation's leading non-profit health organization providing diabetes research information and advocacy. The mission of the ADA is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Resources

Books

- [*Diabetes Demystified*](#) by Umesh Masharani, 2007. (616.462 MAS)
- [*Diabetes 911: How to Handle Everyday Emergencies*](#) by Larry A. Fox and Sandra Weber, 2009. (616.462 FOX)
- [*Beating Diabetes: Lower Your Blood Sugar, Lose Weight, and Stop Diabetes and its Complications in Their Tracks*](#) by David M. Nathan and Linda M. Delahanty, 2006. (616.462 NAT)
- [*American Medical Association Guide to Living With Diabetes*](#) by American Medical Association, Boyd Metzger (editor), 2006. (616.462 AME)

Search Aids

Search Terms

(Use for computer searches)

- diabetes
- diabetes complications

Call Number

- 616.462 (Dewey Decimal)
- 641.56315 (Dewey Decimal)

Indexes and Abstracts

- EBSCOhost
<http://search.ebscohost.com>
- First Search
<http://firstsearch.oclc.org>

Library catalogs

- Urbandale Public Library
<http://www.urbandalelibrary.org>
- SILO (Iowa Locator) State-wide catalog
<http://z3950.silo.lib.ia.us/cgi-bin/zform.CGI?SILO>
- World Cat - world-wide catalog
<http://worldcat.org>

Journals

- [*Diabetic Living*](#)
- [*Health*](#)

Magazine Articles

- “Secrets to Beating Diabetes,” *Essence* (November 2009.) Available through EBSCOhost MasterFILE Premier
- “Your Diabetes Questions Answered,” *Health* (November 2009.) Available through EBSCOhost MasterFILE Premier

Web Pages

- American Diabetes Association
<http://www.diabetes.org>
- National Institute of Diabetes and Digestive and Kidney Diseases
<http://www.niddk.nih.gov>

Sub Topics

- Diabetic cooking (641.563)
- Diabetes in children (618.92)

** You can evaluate other resources using criteria at:
<http://www.THEpathfinderproject.org/evaluate.html> **

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and THE Pathfinder Project.

Production funded in part by Library Services and Technology Act funds administered by the State Library of Iowa.

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