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with Diabetes A guide for adults 55 and up As people get older, their risk for type 2 diabetes increases. In fact, in the United States about one in four people over the age of 60 has diabetes. If you already have diabetes, you may find that you need to adjust how you manage your condition as the years go by.

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will be discussed later  
in this booklet.

### Gestational Diabetes

Gestational diabetes  
results from high blood  
sugar that develops  
during pregnancy.

Blood sugar levels  
usually return to  
normal after the baby  
is born. However,  
having gestational  
diabetes increases the

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risk of developing type  
2 diabetes later in life.

## **A Guide to Understanding Diabetes Self Management**

The Official Pocket  
Guide to Diabetic  
Exchanges, American  
Diabetes Association,  
2015.

CARBOHYDRATES  
STARCH. Each serving  
from this list contains  
15 grams  
carbohydrate, 0-3

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grams protein, 0-1 gram fat, and 80 calories. Most of the calories in these foods come from carbohydrates, a good source of energy.

## **DAILY DIABETES MEAL PLANNING GUIDE**

This booklet gives you diabetes self-care tips to help you: ✓ Be active ✓ Fill prescriptions and take medicines ✓ Eat



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healthy ✓ Monitor your blood glucose (sugar) at home ✓ Know the numbers that are right for you ✓ Go to health visits ✓ Wear a medical identification bracelet/necklace 3

## **Diabetes Self-Care Guide**

This booklet contains general information on Type 1 diabetes. It is for adults living with Type 1 diabetes and aims to support you in

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managing your type 1 diabetes well on a daily basis. The contents are divided into three sections, an introduction to Type 1 diabetes, ongoing care of Type 1 Diabetes and Living well with Type 1 diabetes.

## **Patient Booklets - Diabetes Ireland : Diabetes Ireland**

If you have type 1 diabetes or you care for a loved one or

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friend who does, you face a lifetime of ever-changing challenges. The good news is that this complex disease is manageable. The Type 1 Diabetes Self-Care Manual will help guide you through the different phases of life with type 1 diabetes so you can face these challenges with confidence. Written by Drs. Jamie Wood and Anne Peters, two of the leading experts on

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diabetes clinical care, the manual covers all aspects of type 1 diabetes.

## **Type 1 Diabetes Self-Care Manual | ADA**

The American Diabetes Association ® is ready to help you every step of the way. This booklet will help you get started but to get more information, join the Living With Type 2 Diabetes program.

Living With Type 2

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Diabetes is a free, year-long program that offers information and support as you learn to live with diabetes. Enrollees receive:

## **Living With Type 2 Diabetes**

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40-page, easy-to-understand brochure is the American Diabetes Association's (ADA's) answer to many of the questions people living with diabetes have about their treatment and care. This guide gives people with diabetes the information and resources they need to thrive.

**How to Thrive: A  
Guide for Your**

*Page 16/26*



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Resources for Parents of Children with Type 1 Diabetes Diabetes Log Book. A log book that kids use daily for recording their blood sugar, insulin, and grams of carbohydrates (carbs).

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## **Programs & Resources for Living with Diabetes | Lilly Diabetes**

Diabetes mellitus  
(commonly referred to  
as "diabetes," "sugar  
diabetes," or "type 2  
diabetes") is a group of  
metabolic diseases  
characterized by high  
blood sugar (glucose)

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levels that result from defects in insulin secretion, or action, or both. Q: Diabetes can be cured with diet, exercise, and medication.

## **Diabetes Guide - MedicineNet**

Easy read booklet for people with Type 2 diabetes 2014-11-07  
An updated guide to Type 2 diabetes aimed at people who have a learning disability is

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now available to download from the Diabetes UK website. The booklet has been funded by the National Institute for Health Research.

## **Easy read booklet for people with Type 2 diabetes ...**

A diabetes diet simply means eating the healthiest foods in moderate amounts and sticking to regular mealtimes. A diabetes

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diet is a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. Key elements are fruits, vegetables and whole grains. In fact, a diabetes diet is the best eating plan for most everyone.

## **Diabetes diet: Create your healthy- eating plan - Mayo Clinic**

We provide physicians,  
nurses, diabetes

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educators and other health care professionals with the latest on diabetes research and treatment. Learn more Students. Find resources for any school project on diabetes, from the basics to the latest technology advancements, medications and more.

**Resources | ADA -  
American Diabetes**

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Dr. Richard K. Bernstein has authored six of the leading books for people managing diabetes who are interested in controlling their blood sugar to prevent the complications of diabetes. The two most recent books, "Diabetes Diet" and "The Diabetes Solution" are used by people across the world to help them in



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their quest to  
normalize their blood  
sugars.

## **Dr. Bernstein's Diabetes Solution, low carbohydrate diet ...**

Specifications Diabetes  
is a major medical  
problem affecting  
millions of people.  
Although diabetes is a  
chronic disease that  
has no cure, people  
with diabetes can live  
healthy, happy lives

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when they follow a diabetes treatment plan. This booklet is designed to help your patient, as well as his or her family and caregiver understand Diabetes.

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