

# *Type 2 Diabetes*

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## RESOURCE GUIDE



A collection of resources that provide information and support for patients with type 2 diabetes and the professionals who treat them.

## From the Publisher

# Understanding and Managing Type 2 Diabetes

According to the Centers for Disease Control and Prevention, more than 9% of the US population has diabetes. Diabetes affects the young and old alike: approximately 200,000 US residents younger than 20 years, and more than one-fourth of those 65 years and older have diabetes. The majority of adults (approximately 90%-95%) have type 2 diabetes.<sup>1</sup>

Type 2 diabetes is a major cause of heart disease and stroke, and the leading cause of kidney failure, nontraumatic lower-limb amputations, and new cases of blindness among adults in the United States. It is the seventh-leading cause of death nationwide.

Because of the serious health risks associated with this disease, it is important that you educate yourself to better understand your diagnosis. Doing so will help you pursue the highest level of care as you work with your physician to understand and manage the condition. To this end, the information in this guide will help you understand type 2 diabetes and prepare you to work with your physician to manage the disease optimally. In addition to educating readers about the causes and effects of type 2 diabetes, this guide offers health, diet, and emotional support resources that can help patients cope. The Frequently Asked Questions section addresses common concerns of patients with type 2 diabetes. The Questions to Ask Your Physician section offers readers a list of questions they can ask their physician or other health care provider during office visits.

Included in this guide are descriptions of selected resources and assistance programs offered by various organizations in the United States. They provide credible informational resources, and many provide support in the form of financial assistance and toll-free patient support hotlines. These organizations also provide a forum for patients and caregivers to engage in communities that communicate through online message boards, e-mail, social media, and in-person meetings and seminars.

We hope this guide helps you in coping emotionally and physically with your diagnosis, and we wish you success in understanding type 2 diabetes, achieving better control of the disease, and pursuing quality care with the help of your health care team.

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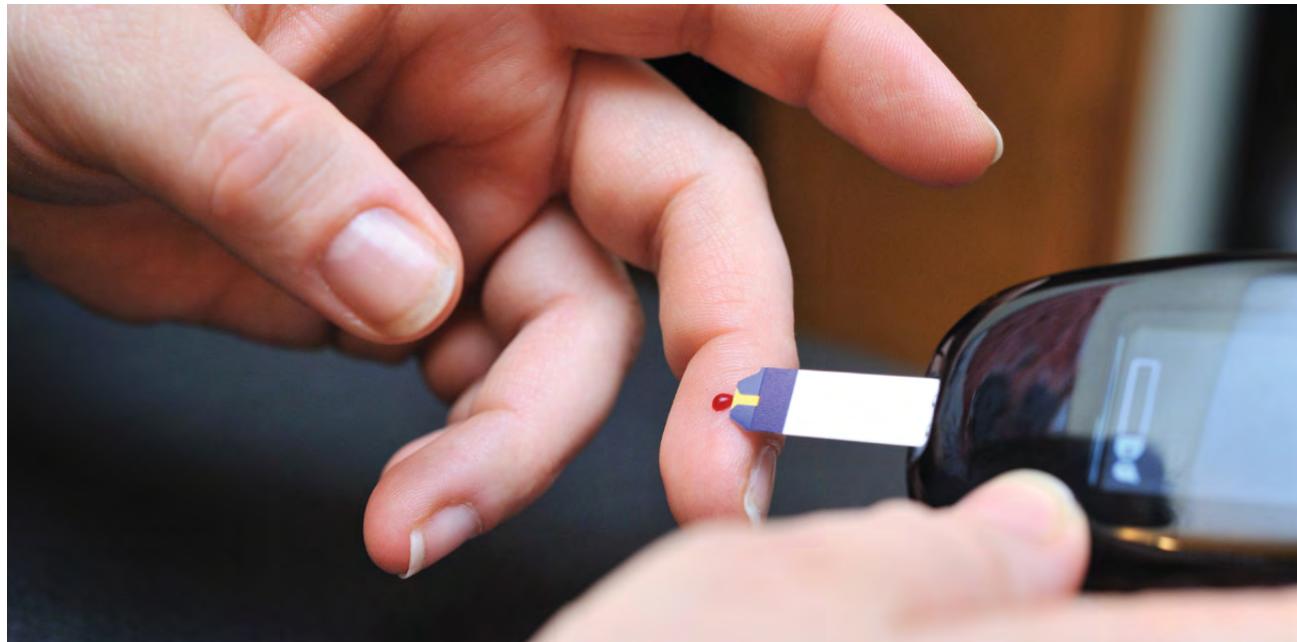
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## Information About Type 2 Diabetes

### What Is Type 2 Diabetes?

There are 2 main types of diabetes: *type 1 diabetes* and *type 2 diabetes*. Type 1 diabetes is a disease that typically occurs in younger individuals (children and teens).<sup>1</sup> In type 1 diabetes, the immune system destroys an important set of cells in the *pancreas*. Once these cells, known as *beta cells*, are attacked by the immune system, the cells can no longer produce enough *insulin*, a hormone that enables the body's cells to absorb sugars from the bloodstream.<sup>2</sup>

By contrast, type 2 diabetes may take many years to develop.<sup>1</sup> In type 2 diabetes, the body loses sensitivity to insulin, meaning that although the body produces enough insulin, the body's cells do not respond to insulin and can no longer utilize it as effectively, a condition called *insulin resistance*. In some patients with type 2 diabetes, this situation may be worsened by an inability to make enough insulin.<sup>2</sup>

As part of the human body's normal energy *metabolism*, sugars obtained from *carbohydrates* that are consumed from the diet are converted into *glucose* and used for energy. Normally, after eating, the *blood glucose levels* in the body rise, signaling your pancreas to release insulin. Insulin then signals the cells to absorb the glucose so it can be used as energy. Insulin also helps the liver store excess sugar so it

can be used later when your blood sugar is low.<sup>2</sup> Without insulin, sugars in the bloodstream are not well regulated and can reach harmfully high levels.<sup>1,3</sup>

Over time, buildup of excess glucose in the blood, also known as *hyperglycemia*, leads to harmful effects on many systems of the body including the eyes, kidneys, brain, nervous system, heart, and circulatory system.<sup>2,4</sup>

Fortunately, although type 2 diabetes has many negative effects, there are many strategies for managing the disease and reducing the risk of its long-term negative effects.<sup>1</sup>

### How Do You Get Type 2 Diabetes?

Type 2 diabetes is caused by a combination of factors. Environmental factors, such as obesity and an inactive lifestyle, are strongly associated with type 2 diabetes. Approximately 80% to 90% of people with type 2 diabetes are overweight or obese. Insulin resistance, a common condition among individuals who are overweight or obese, increases the risk for developing type 2 diabetes. In addition, specific medical conditions and medications can change how the body utilizes insulin, which can eventually result in type 2 diabetes. For example, prolonged use of a group of medications called corticosteroids can increase your

body's blood glucose levels and can lead to impaired use of insulin by the body. Because beta cells in the pancreas are responsible for insulin production, any conditions that cause damage to the pancreas can also lead to type 2 diabetes.<sup>2,5</sup>

Genes also play a role in decreasing or increasing the susceptibility for developing type 2 diabetes. You are at increased risk for type 2 diabetes if you have a parent or sibling with type 2 diabetes. In addition, type 2 diabetes is more common among African Americans, Native Americans, and Hispanics.<sup>2,5a</sup>

Other risk factors include<sup>6</sup>:

- Older age
- History of *gestational diabetes*
- High blood pressure
- High cholesterol
- History of cardiovascular disease
- Polycystic ovary syndrome

## How Will I Know if I Have Type 2 Diabetes?

The symptoms of type 2 diabetes may develop over a period of years. Symptoms might include<sup>1</sup>:

- Increased thirst
- Frequent urination
- Increased hunger
- Weight loss
- Fatigue
- Blurry vision
- Sores and wounds that are slow to heal

Symptoms alone are not enough to confirm a diagnosis of type 2 diabetes; it is sometimes first discovered during a routine visit to your physician, when he or she may notice an abnormally high blood glucose level.<sup>5</sup>

## What Is a Blood Glucose Test?

A blood glucose test is a laboratory test conducted to measure the amount of glucose in your blood at a given time. A small blood sample is taken either 1) after fasting for at least 8 hours (*fasting blood glucose* or *fasting blood sugar*), 2) 2 hours after drinking a special solution supplied by your physician (*oral glucose tolerance*), or 3) at any time in the day in someone who is experiencing symptoms of diabetes (*random blood glucose*).<sup>1</sup>

Type 2 diabetes may be suspected if 1 or more of the following are present<sup>1</sup>:

- A fasting blood glucose level that is at least 126 mg/dL
- An oral glucose tolerance test indicating a glucose level of at least 200 mg/dL
- A random blood glucose level of at least 200 mg/dL in a patient who is experiencing symptoms

A high blood glucose level is not enough to confirm the presence of type 2 diabetes. A definitive diagnosis requires a test called a *glycated hemoglobin test*, also known as an A1C test.<sup>7</sup>

## What Is A1C?

The glycated hemoglobin (A1C), also called an HbA1c, test tells your physician how high your blood sugar levels have been over the past 2 to 3 months.<sup>1</sup> The result of this test is expressed as a percentage. An A1C level of at least 6.5% indicates diabetes.<sup>7</sup>

Measuring your A1C level is also a way for your physician to monitor how well your disease is controlled. Most patients with type 2 diabetes should receive an A1C test at least once every 6 months. If your A1C level is lower than 7%, you may not need any change in treatment; if your A1C level is higher than 8%, your physician may recommend changing your treatment regimen.<sup>3</sup> The right A1C target for you should be determined by your physician.<sup>8</sup>

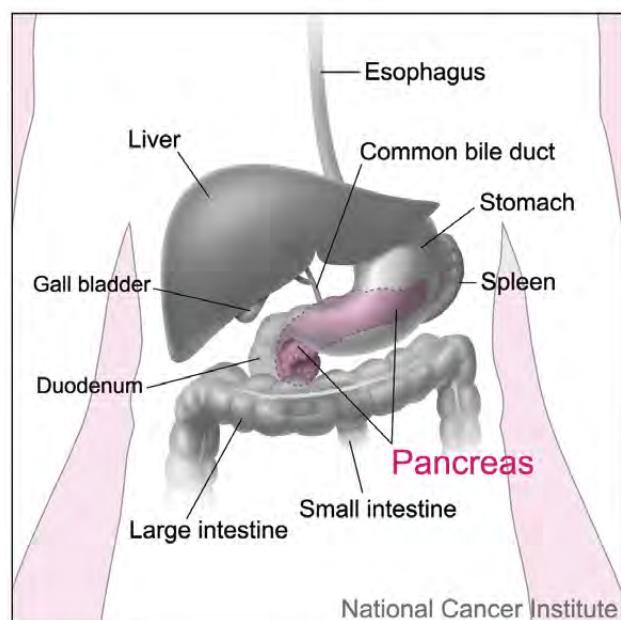


Illustration by Don Bliss / National Cancer Institute

## If You Think You Have Type 2 Diabetes

If your physician believes, based on your blood glucose and A1C test results, that you have type 2 diabetes, he or she will follow up with you to help you learn how to manage your disease. Diet, exercise, and education make up the foundation of treatment and are recommended for everyone, regardless of disease severity. The main objective of treatment is to maintain blood glucose levels within a normal range in order to minimize complications, which are less likely to arise in people who have better control of their blood glucose levels.<sup>5</sup>

The optimal range for your blood glucose level is between 70 and 130 mg/dL before meals and less than 180 mg/dL 2 hours after meals (*postprandial blood glucose*). Many medications are available to help manage blood glucose levels, and each class of medications works to do this in a different way. Some medications stimulate the pancreas to make more insulin, while others do not affect the release of insulin but rather enhance the body's sensitivity to insulin. Some medications do not involve insulin at all and instead work to delay absorption of glucose by your body.<sup>5</sup>

One of the unintended consequences of taking medications designed to lower blood glucose levels is an increased risk for a condition called *hypoglycemia*. Hypoglycemia, the opposite of hyperglycemia, occurs when glucose levels in the bloodstream are too low.<sup>5</sup> Symptoms include slurred speech, weakness, dizziness, and confusion. Your body works to maintain the level of glucose within a range of about 70 to 110 mg/dL so that organs can function normally. The brain is particularly sensitive to low glucose levels, as sugar is the brain's leading source of energy. Several factors can increase the risk for hypoglycemia, such as vigorous exercise and a reduced consumption of food, especially in combination. During exercise, your body uses glucose as fuel, but prolonged and intense activities can deplete your body's stores of glucose.<sup>9</sup> Hypoglycemia is usually mild and can be treated quickly by consuming glucose-rich foods or drinks. Severe hypoglycemia can cause seizures, coma, or even death. Because of the risk for hypoglycemia, blood glucose goals may differ from individual to individual (for example, older people tend to be more susceptible to hypoglycemic events).<sup>5,6</sup>

## How Do I Measure My Blood Sugar?<sup>10</sup>

Your physician may tell you to test your blood sugar regularly at home. To do this, you will need a diabetes supply kit, which usually contains a *glucometer*, a *lancing device*, *lancets*, and *test strips*. A glucometer is a medical device that will approximate the amount of glucose in your blood after analyzing a sample of your blood. A lancing device, when loaded with a lancet, helps puncture your skin (typically the tip of your finger) with minimal pain so that you can place a tiny blood sample onto a test strip and insert the test strip into the glucometer for reading. Your physician will determine how often you should test your blood sugar and may ask you to keep a diary of your results to determine how well controlled your disease is.

## Your Health Care Team<sup>3</sup>

Along with your physician (also called your *primary care physician*, or PCP), who may be the first to discover that you have an abnormal blood glucose level, your health care team may include an *endocrinologist*, *nephrologist*, *neurologist*, *ophthalmologist*, *podiatrist*, or a combination of these. Each has a specific role to play. You may not see all of them during the course of your care—it depends on your individual situation and whether you experience any complications of the disease.

## What Is My Prognosis?<sup>5</sup>

When type 2 diabetes is not managed properly, it can lead to serious and long-term damage to organs and nerves. Damage to the nerves results in problems with feeling and sensation (*diabetic neuropathy*), and damage to blood vessels increases patients' risk of heart attack, stroke, and kidney failure. In patients with kidney failure, the kidneys have lost most of their function. These patients have to go on *dialysis* to help clear their body of toxins that would ordinarily be cleared by healthy kidneys. Damage to blood vessels of the eye in particular can cause loss of vision, also known as *diabetic retinopathy*.

Although the consequences of poor disease management can be severe, they can generally be delayed or avoided with the right care. As mentioned previously, strict blood glucose control is very important in preventing the complications of type 2 diabetes. Make sure you follow your physician's advice on diet and exercise, and adhere to the medication regimen prescribed for you. In addition to your PCP visits, regular visits with appropriate professionals who monitor kidney, eye, and nerve damage are important. Type 2 diabetes can be effectively managed with a positive prognosis as long as you make the effort to keep your blood sugar levels in check by eating the right foods, taking your medications, and taking good care of your body.

# Health, Diet, and Emotional Support

## Health<sup>3</sup>

Strategies for managing type 2 diabetes may begin with lifestyle modifications, such as incorporating dietary changes into your daily routine and altering physical activity patterns. As always, it is important to consult with a health care professional before beginning any regimen of physical activity or starting a new diet.

## Diet<sup>11</sup>

The most up-to-date nutritional guidelines were published by the American Diabetes Association in 2013. These guidelines recognize that nutrition therapy has an important role in diabetes management. Although no single diet is appropriate for all patients with diabetes, certain principles of dietary management may be helpful in achieving better control of blood sugar levels. These recommendations include:

- Monitoring carbohydrate intake to achieve better control of blood sugar levels
- Getting carbohydrates from vegetables, fruits, whole grains, legumes, and dairy rather than foods high in added fats, sugars, and sodium
- Choosing foods that release sugars into the blood slowly (also known as low *glycemic index* foods)
- Maximizing intake of fiber and whole grains
- Substituting foods high in *sucrose* (table sugar) for foods that contain starch, such as whole-grain breads, and fruits, which contain fruit sugars (also known as *fructose*)
- Limiting intake of or eliminating use of beverages sweetened with sugar from high-fructose corn syrup and sucrose
- Replacing table sugar with low-calorie sweeteners
- Eating at least 2 servings of fatty fish each week

In addition, dietary guidelines name certain substances and dietary patterns that can harm people with type 2 diabetes. These include sugar-sweetened beverages, alcoholic beverages, and diets high in salt (**Table 1**).

Several diets are specifically mentioned by dietary guidelines, including a Mediterranean-style diet, low-fat diets, low-carbohydrate diets, and vegetarian/vegan diets, as well as a low-salt diet. Choosing an appropriate diet may involve discussing your specific medical situation and health goals with a nutritionist or dietitian.

**Table 1: Dietary Recommendations on What To Avoid<sup>11</sup>**

What to Avoid	Why
Sugar-sweetened beverages	Sugar-sweetened beverages promote formation of fat around the organs, promote formation of fats in the blood, reduce the body's ability to eliminate fats from the blood, increase blood pressure, and reduce the body's ability to respond to insulin.
Alcoholic beverages	Excessive intake of alcohol may have long-term negative effects on control of blood sugar levels in patients with type 2 diabetes. If alcohol is consumed, women should limit intake to 1 drink per day and men should limit intake to 2 drinks per day.
Diets high in salt	Patients with type 2 diabetes should limit salt intake to help improve blood pressure control and reduce the risk of experiencing a heart attack or stroke. Although specific recommendations for salt intake vary from person to person, most patients should reduce intake to less than a teaspoon of salt each day.

## Emotional Support<sup>2</sup>

One of the most important parts of managing type 2 diabetes is maintaining emotional and moral support. Those who receive a diagnosis of the disease should talk about it with family members and teach them how to help with the condition. Often, patients with type 2 diabetes will experience emotional disturbance as a result of the disease. It is important to recognize when feelings of sadness, distress, and anxiety are interfering with your life. Consulting with a health care professional about these feelings can be an important part of managing type 2 diabetes.

# Frequently Asked Questions

## What is the difference between type 1 and type 2 diabetes?<sup>2,4</sup>

Type 1 diabetes may occur when a person's immune system harms a special type of cells in the body called beta cells. These cells are needed for the body to make an important substance called insulin.

Type 2 diabetes may occur when the body cannot use sugar because the cells of the body are unable to use insulin properly. The condition can be worsened by the inability to make enough insulin.

## How common is type 2 diabetes?<sup>12</sup>

An estimated 29 million people in the United States, or about 9% of the United States population, have diabetes. The majority of adults (approximately 90%-95%) have type 2 diabetes.

## What are some of the common symptoms of type 2 diabetes?<sup>1</sup>

Most of the symptoms associated with type 2 diabetes result from abnormally high blood sugar. Elevated blood sugar levels may lead to increased thirst and hunger, increased urination, fatigue, weight loss, and blurry vision.

## Why is it important to have good glucose control?<sup>2,4</sup>

Elevated levels of glucose in the body can eventually lead to long-term problems in the eyes, kidneys, brain, nervous system, heart, and circulatory system.

## How will my physician know I have type 2 diabetes?<sup>1</sup>

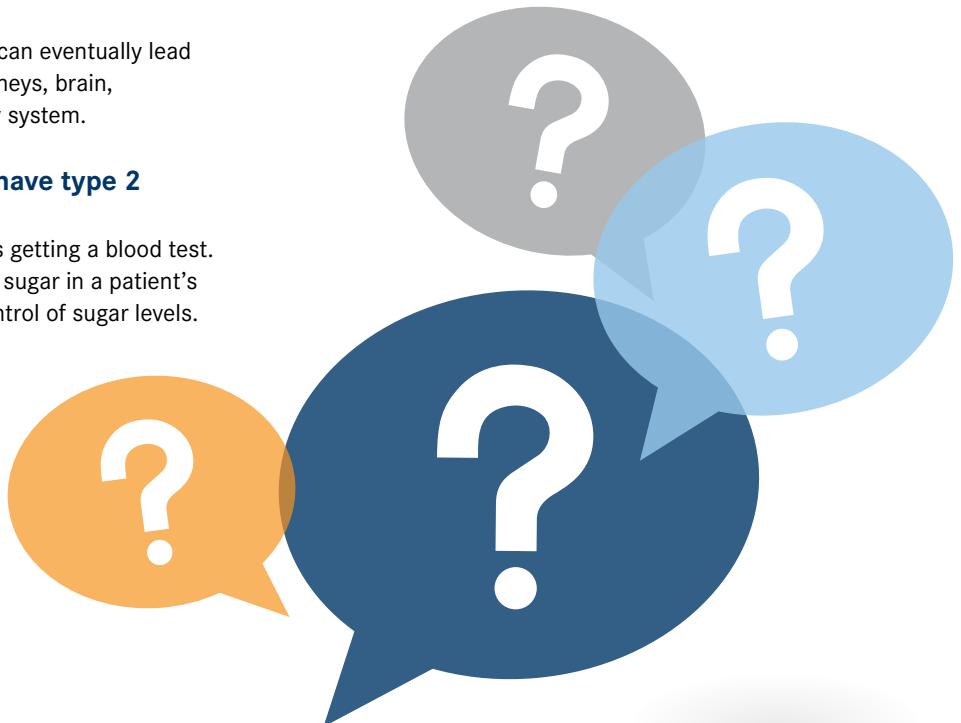
A diagnosis of type 2 diabetes involves getting a blood test. Blood tests may assess the amount of sugar in a patient's blood or may assess the long-term control of sugar levels.

## What kind of diet should I eat if I have type 2 diabetes?<sup>11,13</sup>

Each patient with type 2 diabetes is unique, and no single diet is appropriate for all patients. Your physician may recommend keeping track of the carbohydrates in your meals; replacing foods high in fat, sugar, or sodium with vegetables, fruits, whole grains, legumes, and dairy; and maximizing intake of fiber and whole grains. Your physician may also recommend avoiding excessive alcohol intake, avoiding sugar-sweetened beverages, and limiting salt intake.

## What can I do to deal with the stress of having type 2 diabetes?<sup>2</sup>

Experiencing stress related to type 2 diabetes is a very common problem. Talking to knowledgeable family and friends who understand what you are going through can be helpful. Engaging with support organizations can also help you learn more about the condition and do more to manage your disease.



# Glossary of Important Terms<sup>14,15</sup>

**Beta cells:** Cells in the pancreas that produce insulin

**Blood glucose level:** The amount of glucose in a given amount of blood

**Glucometer:** A portable device used to monitor glucose levels in the blood

**Carbohydrates:** A main nutrient in food that is found in vegetables, fruits, dairy, starches, and sugars

**Diabetes mellitus:** A group of disorders affecting how your body uses blood glucose that can be further classified as type 1 diabetes or type 2 diabetes

**Diabetic neuropathy:** A disease characterized by nerve damage that occurs most commonly in the legs and feet

**Diabetic retinopathy:** A condition characterized by damage to blood vessels in the retina, which may result in loss of vision

**Dialysis:** A process that uses special equipment to clean wastes from the blood, which is ordinarily done by healthy kidneys

**Endocrinologist:** A physician who specializes in endocrine system disorders

**Fasting blood glucose test:** A test used to diagnose diabetes that involves checking a person's blood glucose level following a period of fasting (typically at least 8 hours)

**Fructose:** A sugar that is found naturally in fruits and honey

**Gestational diabetes:** A type of diabetes that develops during pregnancy and usually resolves after delivery

**Glucose:** One of the simplest forms of sugar that is also a carbohydrate

**Glycemic index:** A ranking of carbohydrate-containing food based on how the food affects blood glucose levels

**A1C (glycated hemoglobin):** Also known as HbA1c, a measurement used to diagnose diabetes by evaluating a person's blood glucose levels over the past 2 or 3 months

**Hyperglycemia:** A condition characterized by a blood glucose level that is too high

**Hypoglycemia:** A condition characterized by a blood glucose level that is too low

**Insulin:** A hormone produced by beta cells that helps the body use glucose for energy

**Lancet:** A device with a small needle that is used to prick the skin so that a drop of blood can be obtained for testing

**Lancing device:** A device that uses a lancet to obtain a small amount of blood for blood glucose monitoring

**Metabolism:** All of the chemical and physical processes in the body that are necessary for life, such as breaking down food for energy

**Nephrologist:** A physician who specializes in kidney disorders

**Neurologist:** A physician who specializes in nervous system disorders

**Ophthalmologist:** A physician who specializes in the medical and surgical care of the eyes

**Oral glucose tolerance test:** A test used to diagnose diabetes that involves a patient's blood sample before and after drinking a high-glucose beverage; blood samples are typically taken periodically for 2 to 3 hours after ingestion of the beverage to illustrate how the body uses glucose over time

**Pancreas:** An organ that makes insulin as well as other hormones and enzymes

**Postprandial glucose:** A person's blood glucose level 1 to 2 hours after eating

**Podiatrist:** A physician who specializes in conditions of the foot, ankle, and related structures of the leg

**Random blood glucose test:** A test used to diagnose diabetes that involves a blood check at any time of the day, regardless of when the person last ate

**Sucrose:** Also known as table sugar, it is made up of glucose and fructose and found naturally in sugar cane and beets

**Test strip:** A specially designed strip on which a person places a drop of his or her blood for the purposes of obtaining a blood glucose reading

**Type 1 diabetes:** A condition that occurs when a person's immune system attacks and destroys beta cells

**Type 2 diabetes:** A condition that occurs when the body cannot use insulin effectively

# Questions to Ask Your Physician

What can I expect in the near future?

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How will my disease be managed?

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Can type 2 diabetes be cured?

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How often do I need to test my blood sugar?

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Does taking a blood sample hurt?

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What is the optimal glucose range for me?

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What do I do if I have a glucose reading that is outside the optimal range?

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What are signs and symptoms of low blood sugar?

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What are signs and symptoms of high blood sugar?

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What are some of the most serious complications associated with type 2 diabetes?

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Are there any lifestyle changes I should make?

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Are there certain foods I should avoid?

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Do you have a dietician or nutritionist you recommend?

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Will I need to take medication?

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Does having type 2 diabetes put me at higher risk for other problems?

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What health care specialists should I see?

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Will my ability to work, travel, or drive be affected?

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Will I have physical limitations?

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What support programs are available for my family and me?

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Who can I speak with about my financial and/or insurance concerns?

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THE

# Educated Patient®

## RESOURCE GUIDES

A library of guides that provide information and support to patients and the professionals who treat them.

The image displays six resource guide booklets arranged in two rows of three. Each booklet has a dark blue cover with the "Educated Patient®" logo in the top right corner. The titles and subtitles are centered on the cover, and each is accompanied by a small photograph related to the topic.

- Type 2 Diabetes** RESOURCE GUIDE: Shows a close-up of hands performing a blood glucose test.
- Alzheimer's Disease** RESOURCE GUIDE: Shows a doctor in a blue shirt talking to an elderly man wearing a cap.
- Colorectal Cancer** RESOURCE GUIDE: Shows a portrait of an older man with a beard.
- Lung Cancer** RESOURCE GUIDE: Shows a group of three diverse individuals (two women, one man) smiling.
- Rheumatoid Arthritis** RESOURCE GUIDE: Shows a close-up of two hands clasped together.
- Hepatitis C** RESOURCE GUIDE: Shows a portrait of a young woman resting her chin on her hand.

At the bottom of each booklet, there is a short descriptive sentence:

- Type 2 Diabetes**: A collection of websites that provide information and support for patients with type 2 diabetes and the professionals who treat them.
- Alzheimer's Disease**: A collection of resources that provide information and support for patients with Alzheimer's disease and the professionals who treat them.
- Colorectal Cancer**: A collection of resources that provide information and support for patients with colorectal cancer and the professionals who treat them.
- Lung Cancer**: A collection of websites that provide information and support for patients with lung cancer and the oncology professionals who treat them.
- Rheumatoid Arthritis**: A collection of resources that provide information and support for patients with rheumatoid arthritis and the professionals who treat them.
- Hepatitis C**: A collection of resources that provide information and support for patients with Hepatitis C and the professionals who treat them.

## American Diabetes Association

[www.diabetes.org](http://www.diabetes.org)

The screenshot shows the homepage of the American Diabetes Association. At the top, there's a navigation bar with links for MAGAZINE, TAKE ACTION, WALK, RIDE, NEWLY DIAGNOSED, RECIPES, PROFESSIONALS, and SHOP. Below the navigation is a banner with the ADA logo and a "DONATE NOW!" button. The main content area features a large image of a smiling man in a lab coat holding a glucose meter, with the text "Invest in a Cure for Diabetes" and "Every monthly donation of \$9 can lead to new breakthroughs.". To the right, there are several smaller images and links: "Step Out is a Family Affair!", "Is Summer Calling You Outside?", "Stay One Step Ahead of Your Diabetes!", and "Women Riding to Stop Diabetes®!". Below this section, there's a "Our Mission:" statement: "To prevent and cure diabetes and to improve the lives of all people affected by diabetes." Further down, there are sections for "Hot Topics:", "American Population With Diabetes" (showing a chart from 1950 to 2010), "NEWS" (with a link to "New Statistics on Diabetes"), and "FEATURED RECIPES" (with a link to "Cranberry Lime Punch"). At the bottom left, there's contact information: "ADDRESS: 1701 North Beauregard Street, Alexandria, VA 22311" and "CONTACT INFO: Phone: (800) 342-2383, E-mail: AskADA@diabetes.org". On the right side, there's a "Resource Checklist" with a bulleted list of items.

### ADDRESS:

1701 North Beauregard Street  
Alexandria, VA 22311

### CONTACT INFO:

Phone: (800) 342-2383  
E-mail: [AskADA@diabetes.org](mailto:AskADA@diabetes.org)

The American Diabetes Association funds research on diabetes, delivers services to and advocates for patients with diabetes, and provides information about the disease. The organization is an impressive resource for those interested in learning about the causes and complications of diabetes, how to monitor and manage it, and how to improve one's lifestyle to help reduce its effects.

### Resource Checklist

- ✓ Information on diabetes
- ✓ Type 2 diabetes risk test
- ✓ Diabetes-friendly recipes
- ✓ Glossary of diabetes-related terms
- ✓ Information on diabetes-related discrimination
- ✓ Information on financial assistance
- ✓ Internet community

# Centers for Disease Control and Prevention: Diabetes Public Health Resource

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

The screenshot shows the homepage of the CDC Diabetes Public Health Resource. At the top, there's a navigation bar with links for "CDC Home", "SEARCH", and a search input field. Below the navigation is a banner for the "National Diabetes Statistics Report". To the right of the banner is a photo of a man and two children. On the left, there's a sidebar with links for "About Us" and "Spanish Resources". The main content area is divided into several sections: "Diabetes Topics" (with links to "Diabetes & Me", "Data & Trends", "Education Resources", "Publications", "Projects & Programs", and "News & Resources"); "Resources"; and "National Diabetes Prevention Program" (with links to "Program", "Local Programs", and "Apply for program recognition by CDC"). On the right, there's a sidebar with links for "Print page", "Get e-mail Updates", "Subscribe to RSS", "Listen to audio/Podcast", and "View page in: Español (Spanish)". A large graphic on the right side encourages people to "TAKE THE TEST. KNOW YOUR SCORE." with a "START" button and the website address "www.cdc.gov/diabetes".

**ADDRESS:**  
1600 Clifton Road  
Atlanta, GA 30333

**CONTACT INFO:**  
Phone: (800) 232-4636  
E-mail: [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

The Centers for Disease Control and Prevention strives “to reduce the preventable burden of diabetes through public health leadership, partnership, research, programs, and policies that translate science into practice.” Its website has a wealth of information on practically anything you would want to know about diabetes, in English and in Spanish.

## Resource Checklist

- ✓ Information on diabetes
- ✓ Downloadable publications
- ✓ Information on financial assistance
- ✓ Tips for coping

# Diabetes Action Research and Education Foundation

[www.diabetesaction.org](http://www.diabetesaction.org)

The screenshot shows the homepage of the Diabetes Action Research and Education Foundation. At the top, there is a navigation bar with links for Contact Us, Newsletter, Search, and a green button labeled 'DONATE NOW >'. Below the navigation is a blue header bar with links for HOME, SUPPORT, ABOUT US, DIABETES INFORMATION, RESEARCH, and DIABETES ACTION TEAM, along with social media icons for Facebook and Twitter. The main content area features a large image of an elderly couple smiling and using a laptop together. To the right of the image, the text 'DIABETES INFORMATION' is displayed in bold blue capital letters. Below this, a call-to-action reads: 'Ask your question, watch a video, or read the latest about diabetes.' At the bottom of the main content area, there is a newsletter sign-up form with fields for 'GET OUR NEWSLETTER' and 'Enter your email', followed by a 'GO' button. A green banner at the very bottom right of the page says 'INNOVATION FOR PREVENTION, HEALING, AND THE CURE'.

#### ADDRESS:

6701 Democracy Boulevard, Suite 300  
Bethesda, MD 20817

#### CONTACT INFO:

Phone: (202) 333-4520  
E-mail: [info@diabetesaction.org](mailto:info@diabetesaction.org)

The Diabetes Action Research and Education Foundation is a nonprofit organization "committed to the prevention and treatment of diabetes and to the funding of innovative, promising research aimed at finding a cure for diabetes and diabetes-related complications." Among its research focuses are alternative, complementary, and nutrition therapies, and diabetes among Native Americans.

#### Resource Checklist

- ✓ Information on diabetes
- ✓ Diabetes University video programs
- ✓ Healthy living articles
- ✓ Diabetes-friendly recipes
- ✓ E-Newsletters

# Diabetes Research Institute Foundation

[www.diabetesresearch.org/diabetes-and-you](http://www.diabetesresearch.org/diabetes-and-you)

The screenshot shows the website's header with navigation links for CURE RESEARCH, GET INVOLVED, DIABETES & YOU, DIABETES NEWS, ABOUT US, and FOR PROFESSIONALS. Below the header is a search bar and social media links for Facebook, YouTube, and Twitter. The main content area is titled 'Diabetes & You' and features a photograph of a person's hands using a blood glucose meter. A sub-section titled 'Here's Help Managing Diabetes' discusses the challenges of living with diabetes and the support available from the institute. On the left sidebar, there are links for DONATE NOW, Diabetes & You (with sub-links for What is Diabetes?, Tips for Managing Diabetes, Support for Parents: The PEP Squad, Diabetes Management Classes, Diabetes Management Team, and Directions and Contact Information), BE A DRINSIDER, and connect with us (Facebook, Twitter, LinkedIn, YouTube, Email).

**ADDRESS:**  
200 S. Park Road, Suite 100  
Hollywood, FL 33021

**CONTACT INFO:**  
Phone: (800) 321-3437  
E-mail: [info@drif.org](mailto:info@drif.org)

Headquartered in Hollywood, Florida, the Diabetes Research Institute Foundation is a donor-supported organization that claims to be the largest and most comprehensive diabetes research center dedicated to curing diabetes. Its website offers information about living with diabetes as well as information on the institute's various research projects.

## Resource Checklist

- ✓ Information on diabetes
- ✓ Support for parents
- ✓ Diabetes education classes
- ✓ Downloadable brochures
- ✓ Video and image library

# dLife

[www.dlife.com](http://www.dlife.com)

The screenshot shows the dLife website homepage. At the top, there's a navigation bar with links to Home, dLifeTV, News, Veria Living, Find Us (with social media icons), Log In, Register, and a search bar. Below the navigation is a main menu with categories: Everything Diabetes, Food & Fitness, Video & More, Meet Others, Resources, and Corporate. A sidebar on the left lists various topics like Carb Cutting Secrets, Summer Toes, Feet, and Shoes, Introducing Quick Cuisine by dLife, Pets & Diabetes, and Curb Complications. The main content area features a large photo of actress S. Epatha Merkerson smiling, holding a bouquet of flowers, with the text "S. Epatha Merkerson Actress takes on America's Diabetes Challenge." To the right of the photo is a section titled "What's New on dLife" with articles about standard risk factors for diabetes, hands, and alcohol. Below that is a "dLife Weekly Poll" asking about 4th of July eating plans, with options to vote, view results, or see more polls. At the bottom of the page is a blue box with text about medication for type 2 diabetes.

#### ADDRESS:

101 Franklin Street  
Westport, CT 06880

#### CONTACT INFO:

Phone: (866) 354-3366  
E-mail: [info@dlife.com](mailto:info@dlife.com)

The goal of dLife is to “address the overwhelming consumer need for real, practical solutions to the 24/7 challenge of managing diabetes.” dLife has become the premiere platform to inform, inspire, and connect with millions of diabetes patients, consumers, and caregivers, and positively impact engagement and ultimately health outcomes. Its website offers a broad range of information and interaction for patients with diabetes as well as their family and friends.

#### Resource Checklist

- ✓ Information on diabetes
- ✓ dLifeTV web series
- ✓ Diabetes-friendly food delivery service
- ✓ Patient stories
- ✓ Information on clinical trials
- ✓ Information on financial assistance
- ✓ Internet forum

# Joslin Diabetes Center

[www.joslin.org/diabetes-information.html](http://www.joslin.org/diabetes-information.html)

The screenshot shows the homepage of the Joslin Diabetes Center website. At the top, there's a navigation bar with links for 'Login to MyJoslin', 'Make an Appointment', 'Directions', 'Joslin Locations', 'A Career at Joslin', and 'Contact Joslin'. Below the navigation is the Joslin Diabetes Center logo and a search bar. The main content area features a banner with the text 'Stay healthy with diabetes.' and several book covers related to diabetes management. To the left, there's a sidebar with links for 'Diabetes & Nutrition', 'Online Diabetes Classes', 'Discussion Boards', 'Diabetes Glossary', 'Información sobre la Diabetes', 'Joslin Clinical Guidelines', 'Childhood Diabetes', 'Información sobre la Diabetes', 'Diabetes & Exercise', 'Newly Diagnosed', and 'Managing Diabetes'. At the bottom of the sidebar are buttons for 'Sign Up for Joslin Newsletters' and 'Give Now'.

**ADDRESS:**  
One Joslin Place  
Boston, MA 02215

**CONTACT INFO:**  
Phone: (800) JOSLIN-1  
E-mail: [diabetes@joslin.harvard.edu](mailto:diabetes@joslin.harvard.edu)

Joslin Diabetes Center, located in Boston, Massachusetts, is the world's largest diabetes research and clinical care organization. The center is dedicated to ensuring that people with diabetes live long, healthy lives and offers real hope and progress toward diabetes prevention and a cure. The Joslin Diabetes Center is an independent, non-profit institution affiliated with Harvard Medical School.

## Resource Checklist

- ✓ Information on diabetes
- ✓ Additional support resources
- ✓ Glossary of diabetes-related terms
- ✓ Diabetes-related publications
- ✓ Internet discussion boards
- ✓ Online diabetes classes

# National Diabetes Education Program

[www.ndep.nih.gov](http://www.ndep.nih.gov)

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

**NDEP** National Diabetes Education Program

NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations.

Home Publications Resources Diabetes Facts Press Page Tools S M L Search NDEP site Search

I Have Diabetes Am I at Risk? Health Care Professionals, Businesses & Schools Partners & Community Organizations About NDEP | Contact Us | Site Map

Tengo diabetes ¿Corro riesgo?



**Diabetes Resources for Older Adults**

Visit NDEP's new older adults webpage to find resources to help older adults learn how to better manage their diabetes or take steps to prevent type 2 diabetes. Caregivers and health care professionals of older adults may also find helpful resources.

> Learn more

Follow NDEP

News&Notes

Subscribe to our monthly e-newsletter

Enter email address GO

What is NDEP promoting?

Messages, videos, media releases, and other tools to help partners spread the word.

1 2 3

**What's New**

**Practice Transformation for Physicians and Health Care Teams**

The NDEP's "Practice Transformation for Physicians and Health Care Teams" resource is designed for health care

**July Partner Spotlight**  
NDEP resources help primary care physician Dr. Kevin Peterson deliver patient-centered care.

**Diabetes Resources for Older Adults**  
Find diabetes management and prevention resources for older adults.

**May Partner Spotlight**  
Diabetes Educator Linda Haas Incorporates NDEP Resources in Outreach Efforts

**ADDRESS:**  
One Diabetes Way  
Bethesda, MD 20814

**CONTACT INFO:**  
Phone: (888) 693-6337  
E-mail: Online

The National Diabetes Education Program (NDEP) is a federally funded partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations. It was established in 1997 to translate into practice the findings from a clinical trial that showed that improved blood glucose control could help reduce complications associated with diabetes.

## Resource Checklist

- ✓ Information on diabetes
- ✓ Downloadable NDEP webinar presentations
- ✓ Personalized Find Publications For Me feature
- ✓ Additional support resources

# Taking Control of Your Diabetes

[tcoyd.org](http://tcoyd.org)

The screenshot shows the homepage of the TCOYD website. At the top, there's a navigation bar with links for Events, Exhibitors/Sponsors/Partners, Events for Medical Professionals, Giving, Who We Are, Videos, and Resources. To the left is the TCOYD logo with the tagline "Educating and Empowering the Diabetes Community Since 1995". On the right, there are social media icons for Facebook, Twitter, YouTube, and LinkedIn, along with links for Home, Conference Registration, Store, and Contact, and a search bar.

A large banner image at the top features a photo of a crowded health fair with the text "Exhibit with TCOYD" overlaid. Below this, a call-to-action reads "Reach a different kind of audience - Exhibit at one of our health fairs" with a "MORE INFO!" button.

On the left, a section titled "Upcoming Conference Schedule" lists two events:

- September 6, 2014 - Missoula, MT  
Hilton Garden Inn Missoula
- September 27, 2014 - Des Moines, IA  
Iowa Events Center

A "View Entire 2014 Schedule" button is also present.

In the center, there's a "Get The Latest!" section featuring a thumbnail of the TCOYD newsletter and a "Read Now" button. To its right is a video thumbnail with the text "A Day at TCOYD! Play the video!" and a "Taking Control of Your Dia..." link.

On the right side, there's a "Platinum Foundation Support" section with a list of supporters, including the Helmsley Charitable Trust, and a "TCOYD: What's Happening Now" section with a newsletter sign-up form.

## ADDRESS:

1110 Camino Del Mar, Suite B  
Del Mar, CA 92014

## CONTACT INFO:

Phone: (800) 998-2693  
E-mail: [info@tcoyd.org](mailto:info@tcoyd.org)

Taking Control of Your Diabetes (TCOYD) is a not-for-profit organization dedicated to educating and motivating people with diabetes and their loved ones to take a more active role in their own health." Its motto: "Educating and Empowering the Diabetes Community Since 1995." TCOYD's founder and director Steven V. Edelman, MD, is a professor of medicine at the University of California at San Diego.

## Resource Checklist

- ✓ Information on diabetes
- ✓ "The Edelman Report" videos
- ✓ Additional support resources
- ✓ Diabetes-friendly recipes
- ✓ Newsletters

# Behavioral Diabetes Institute

[behavioraldiabetesinstitute.org](http://behavioraldiabetesinstitute.org)

The screenshot shows the homepage of the Behavioral Diabetes Institute (BDI) website. At the top, there is a navigation bar with links for Home, About Us, Programs, Resources, Blog, Newsletter, and Support BDI. On the far right of the header, there are social media icons for LinkedIn and YouTube, a link to 'The cart is empty', and a 'Sign In' button. Below the header, there is a search bar with the placeholder 'search...'. The main content area features a large blue sidebar on the left with links for Type 1 Diabetes, Type 2 Diabetes, Parents of Children & Teens, Spouses / Partners, and Health Care Professionals. To the right of the sidebar, there is a section titled 'The Behavioral Diabetes Institute' with a sub-section 'Dedicated to helping people with diabetes live long, healthy and happy lives.' and a 'read more' button. Below this is a large image of a smiling man. At the bottom of the sidebar, there is a video thumbnail for 'BDI Intro Video' featuring a portrait of Dr. William Polonsky. Below the video thumbnail, there is a photo of Dr. Polonsky with the caption 'Dr. William Polonsky Co-Founder and President'. The main content area also features a 'Welcome' section with a paragraph about the BDI's mission and a list of target audiences: 'People with type 1 diabetes' and 'People with type 2 diabetes'.

**ADDRESS:**  
5405 Oberlin Drive, Suite 100  
San Diego, CA 92121

**CONTACT INFO:**  
Phone: (858) 336-8693  
E-mail: [info@behavioraldiabetes.org](mailto:info@behavioraldiabetes.org)

The Behavioral Diabetes Institute (BDI) is “dedicated to helping people with diabetes live long, healthy and happy lives.” The BDI website provides a wealth of information on different programs and resources that are available for diabetes patients and their caregivers. Additionally, the BDI’s Diabetes TLC program matches patients with diabetes with people who have been trained to offer emotional and psychological support.

## Resource Checklist

- ✓ Information on diabetes
- ✓ Support for parents
- ✓ One-to-one peer connections
- ✓ Downloadable publications
- ✓ Live workshops
- ✓ Additional support resources
- ✓ BDI Blog

# Defeat Diabetes Foundation

[www.defeatdiabetes.org](http://www.defeatdiabetes.org)

The screenshot shows the homepage of the Defeat Diabetes Foundation. At the top, there's a navigation bar with links for "Newsletter", "Join Us", "Donate Now", and "Mr. Diabetes®". Below the navigation is the foundation's logo, which includes a stylized red and blue ribbon-like graphic and the text "Defeat Diabetes Foundation A 501(c)(3) Nonprofit Charity Together We Can...Defeat Diabetes®". To the right of the logo is a search icon. The main menu below the logo includes "WHO WE ARE", "WHAT WE DO", "DIABETES ABCS", "OUR COMMUNITY", and "GIVING". The main content area features a large image of several dogs and cats. Overlaid on this image is the text "Did you know" and "your pet could get diabetes too?". Below this are four numbered circles (1, 2, 3, 4). To the right of the circles are three buttons: "Join Us" (blue), "Are You at Risk?" (blue), and "Donate Now" (red). Below these buttons are three sections: "Eat to Defeat Diabetes®" (with a tomato icon), "Get and Stay Healthy" (with a thermometer icon), and "KIDD Korner™" (with a fruit and vegetable icon).

**ADDRESS:**  
150 153rd Avenue, Suite 300  
Madeira Beach, FL 33708

**CONTACT INFO:**  
Phone: (877) 391-5051  
E-mail: Online

The Defeat Diabetes Foundation motto is “Together We Can... Defeat Diabetes.” The Foundation works “to save children, adults, and their families from the pain of diabetes by preventing or by early diagnosis of the disease.” The Foundation supports anyone affected by diabetes with programs that focus on awareness, prevention, and detection, and with recent blog entries that discuss everything related to diabetes.

## Resource Checklist

- ✓ Information on diabetes
- ✓ Prescription drug assistance
- ✓ Diabetes-friendly recipes
- ✓ Tips for coping
- ✓ Additional support resources
- ✓ Blog

# Diabetes Daily

[www.diabetesdaily.com](http://www.diabetesdaily.com)

The screenshot shows the homepage of Diabetes Daily. At the top, there's a navigation bar with links for HOME, FORUMS, BLOGS, GUIDES, TYPE 1, TYPE 2, DIET, RECIPES, and MONEY. A search bar is also present. On the left, there's a featured recipe for "Low-Carb Summer Cake" with a photo of the cake and plums. Below it, a large banner for "WEIGHT-LOSS EXERCISE INSULIN SENSITIVITY" is displayed. Another section features the question "Is your diabetes in GOOD CONTROL?" with a "YES" button. To the right, there's a sidebar for joining the forum, stats for posts and members, and an advertisement for Medtronic's MiniMed 530G CGM system.

## CONTACT INFO:

E-mail: Online

Diabetes Daily offers the opportunity to share information and ideas and interact with tens of thousands of people living with diabetes. With over 105,000 members and 730,000 posts, the site's extremely active forum has something for everyone. For additional support, the Diabetes Daily "Diabetes Chat" feature allows users to chat with fellow members.

## Resource Checklist

- ✓ Internet forum
- ✓ Online chat feature
- ✓ Downloadable resources
- ✓ Information on financial assistance

# DiabetesMine

[www.diabetesmine.com](http://www.diabetesmine.com)

The screenshot shows the Diabetes Mine homepage with a blue header. At the top, there's an advertisement for the t:slim Insulin Pump showing a smartphone displaying the pump's interface. Below the ad are navigation links: LIFE WITH DIABETES, ADVOCACY, RESEARCH, PRODUCTS, INTERVIEWS, and GUEST POSTS. A search bar with a 'GO' button is also present. The main title 'Diabetes Mine' is prominently displayed in large white letters, with the tagline 'A gold mine of straight talk and encouragement' underneath. To the left of the title is a wooden mannequin hand reaching upwards from a pile of coins. On the right, there's a 'follow us' section with icons for Twitter, Facebook, Email, and RSS, along with links to 'About Us' and 'Contact Us'. The central content area features a news article titled 'The Supreme Court Hobby Lobby Case... and Diabetes?' by MikeH on July 8, 2014. The article discusses the Supreme Court ruling and its implications for diabetes coverage. To the right of the article are several sidebar boxes: 'NEWS NUGGETS' (listing 'New Basal Insulin Goes to FDA'), 'Longtime ADA Chief Stepping Down' (about Larry Hausner leaving), 'FDA OKs AfreZZA!', 'Tidepool Becomes Non-Profit' (about #WeAreNotWaiting), and 'See our Innovation Events + #WeAreNotWaiting'. At the bottom right is a red button labeled 'Help ASK DMINE' with the text 'Get Diabetes Advice Here'.

## ADDRESS:

9 Exchange Place, Suite 200  
Salt Lake City, UT 84111

## CONTACT INFO:

Phone: (801) 355-6002  
E-mail: [info@diabetesmine.com](mailto:info@diabetesmine.com)

DiabetesMine founder Amy Tenderich presides over this wide-ranging blog that lives up to its billing as a “diabetes newspaper with a personal twist” that provides “a strong voice of patient/consumer advocacy for the diabetes community.” Posts by Tenderich and other contributors appear on the site’s home page and are filed under an array of categories and subcategories throughout the site.

## Resource Checklist

- ✓ Information on diabetes
- ✓ Tips for coping
- ✓ Treatment information
- ✓ Information on diabetes-related tools and resources
- ✓ Blog

# Script Your Future

[scriptyourfuture.org/diabetes](http://scriptyourfuture.org/diabetes)

The screenshot shows the website's main navigation bar at the top, featuring links for Home, Health Conditions (with a dropdown for Diabetes), Tools, Events, Pledge, News, and About. Social media icons for Facebook, Twitter, and YouTube are also present. A search bar allows users to enter their email address to sign up for email updates. Below the navigation, a large orange banner features the "SCRIPT YOUR FUTURE" logo. The main content area is titled "Diabetes" and includes a sub-headline: "Taking your medicine as directed can help you manage your diabetes." A video player window displays a cartoon illustration of a body cell with glucose molecules entering it through a gate, with the caption "Too much sugar builds up in your blood." To the right of the video are three call-to-action boxes: "Take the Pledge. Take Your Meds.", "Sign Up For TEXT REMINDERS", and "Get Campaign MATERIALS". Below these boxes is a Google Custom Search bar. The left sidebar contains sections for "Featured Tools" (with a "CHECKLIST" link) and "Upcoming Events" (with a link to "Healthwise Conversation about diabetes").

## ADDRESS:

1701 K Street NW, Suite 1200  
Washington, DC 20006

## CONTACT INFO:

Phone: (202) 835-3323  
E-mail: Online

The Script Your Future campaign aims to “help you take back your future by helping you take your medicine as directed.” The rationale is that if you have diabetes or another chronic health problem, “one of the most important ways you can manage your condition is by taking your medicine as directed by your physician, pharmacist, or other health care professional.” The site’s diabetes section includes a number of downloadable resources to help with medication adherence.

## Resource Checklist

- ✓ Text message reminders
- ✓ Medicine management tool
- ✓ Type 2 diabetes pill guide
- ✓ Downloadable resources

# TuDiabetes

[www.tudiabetes.org](http://www.tudiabetes.org)

The screenshot shows the homepage of TuDiabetes.org. At the top, there's a navigation bar with links for 'Join', 'Sign In', and a search bar. A 'diabetes hands foundation' logo is visible. Below the header, the main content area features a 'Live Interview' with Marina Tsapina, a clown and puppeteer with diabetes. To the right, there's a section titled 'Resources' with buttons for 'new to diabetes', 'type 1', 'type 2', 'insulin pumps', 'nutrition + recipes', 'for loved ones', 'control your diabetes', and 'learn about complications'. A message box says 'No one likes to be spammed!' and encourages users to report spam. On the right side, there's an advertisement for the t:slim Insulin Pump.

#### ADDRESS:

1962 University Avenue #1  
Berkeley, CA 94704

#### CONTACT INFO:

Phone: (510) 898-1301  
E-mail: Online

Founder Manny Hernandez describes TuDiabetes as “an Online Community where the members help each other out, educate ourselves, and share the steps we take every day to stay healthy while living with this very serious condition.” TuDiabetes is set up as an online community for people with diabetes. As Hernandez says, “It is my hope that people who have all types of diabetes, newly diagnosed and veterans alike, no matter the ethnicity or nationality, come on board and engage in a fruitful exchange using all the media that the social network technology puts at our disposal.” For Spanish speakers, there is a sister site, EsTuDiabetes.org.

#### Resource Checklist

- ✓ Online chat feature
- ✓ Create your own site feature
- ✓ Internet forum
- ✓ Blog
- ✓ Additional support resources

## American Diabetes Association—Health Insurance

[www.diabetes.org/living-with-diabetes/health-insurance/?loc=lwd-slabnav](http://www.diabetes.org/living-with-diabetes/health-insurance/?loc=lwd-slabnav)

The screenshot shows the American Diabetes Association's website. At the top, there is a navigation bar with links for MAGAZINE, TAKE ACTION, WALK, RIDE, NEWLY DIAGNOSED, RECIPES, PROFESSIONALS, and SHOP. Below the navigation bar, there is a banner for "DONATE NOW!" with options for One Time, Monthly, In Memory, and In Honor. There is also a "BECOME A MEMBER" button. The main content area features a heading "Health Insurance" above a photograph of a health insurance application form. To the right of the photo, text explains that diabetes is a self-managed disease and highlights the importance of health insurance for access to supplies and care. Below the photo, a note mentions recent reforms improving access to coverage. On the left, there are three columns: "Health Insurance Update", "The Health Insurance Marketplace & People with Diabetes", and "Health Insurance in Your State: State Contact Information". On the right, there is a sidebar titled "In this section" with links to various health insurance topics like Health Insurance Update, The Health Insurance Marketplace, Health Insurance From an Employer, Options for Individuals and Families without Health Insurance Coverage, Medicare, and Medicaid & CHIP.

### ADDRESS:

1701 North Beauregard Street  
Alexandria, VA 22311

### CONTACT INFO:

Toll-Free Helpline: (800) 342-2383  
E-mail: AskADA@diabetes.org

Diabetes is primarily a self-managed disease. In order to stay healthy, a person with diabetes may need medications and supplies such as test strips, meters, and insulin. Visit the Health Insurance section of the American Diabetes Association website to learn more about the importance of adequate and affordable health insurance, and learn where to access supplies, medications, education, and support to help manage diabetes and prevent or treat complications.

### Resource Checklist

- ✓ Information on health insurance
- ✓ Prescription assistance programs
- ✓ Insurance options for veterans and military personnel
- ✓ Options for the uninsured

# dLife—Paying For Health Care

[www.dlife.com/diabetes\\_resources/saving\\_money](http://www.dlife.com/diabetes_resources/saving_money)

The screenshot shows the dLife website's navigation bar at the top, featuring links for Home, dLifeTV, News, Veria Living, Find Us (social media icons), Log In, Register, and a search bar. Below the navigation is a promotional banner for "QuickCuisine" with a "ORDER NOW" button. The main menu includes categories like Everything Diabetes, Food & Fitness, Video & More, Meet Others, Resources, and Corporate. A secondary navigation bar below the main menu lists "Paying for Health Care", "Six Tips for Diabetes Savings", "Health Insurance Help", "Government Health Programs", and "Help for Uninsured or Underinsured". The main content area features a heading "Paying for Health Care" with a subtext about diabetes being expensive. To the right, there's a photo of a receipt and money, and a sidebar for "Humalog KwikPen". The sidebar includes a photo of a person holding a pen, information about Humalog insulin, and a link to "Important Safety Information for Humalog". Below this is a newsletter sign-up form with fields for email address and checkboxes for nutrition tips and diabetes news, along with a "Sign Up" button.

**ADDRESS:**  
101 Franklin Street  
Westport, CT 06880

**CONTACT INFO:**  
Phone: (866) 354-3366  
E-mail: [info@dlife.com](mailto:info@dlife.com)

Diabetes can be an expensive disease to manage, especially if you have inadequate health insurance coverage. For this reason, dLife provides financial information on how to help diabetes patients and their loved ones learn about their options and make their health care dollars stretch a little further.

## Resource Checklist

- ✓ Information on health insurance
- ✓ Tips for diabetes savings
- ✓ Tax advice
- ✓ Prescription coverage programs
- ✓ Additional support resources
- ✓ Options for the uninsured

# National Diabetes Information Clearinghouse

[diabetes.niddk.nih.gov/dm/pubs/financialhelp/#17](http://diabetes.niddk.nih.gov/dm/pubs/financialhelp/#17)

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

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**National Diabetes Information Clearinghouse (NDIC)**  
A service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), National Institutes of Health (NIH)

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**Financial Help for Diabetes Care**

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**How costly is diabetes management and treatment?**

Diabetes management and treatment is expensive. According to the American Diabetes Association (ADA), the average cost of

**Health Information Services**

- National Diabetes Information Clearinghouse
- National Digestive Diseases Information Clearinghouse
- National Kidney and Urologic Diseases Information Clearinghouse
- National Endocrine and Metabolic Diseases Information Service
- National Hematologic Diseases Information Service
- Weight-control Information Network

**Education Programs**

- National Diabetes Education Program
- National Kidney Disease Education Program

**Awareness Campaigns**

- Let's Talk about Bowel Control
- Celiac Disease Awareness Campaign
- Bladder Control for Women
- We Can! Ways to Enhance Children's Activity & Nutrition

**ADDRESS:**  
1 Information Way  
Bethesda, MD 20892

**CONTACT INFO:**  
Phone: (800) 860-8747  
E-mail: [ndic@info.niddk.nih.gov](mailto:ndic@info.niddk.nih.gov)

The National Diabetes Information Clearinghouse (NDIC) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The NIDDK is part of the National Institutes of Health of the US Department of Health and Human Services. Established in 1978, the Clearinghouse provides information about diabetes to people with diabetes and their families, health care professionals, and the public. The NDIC answers inquiries, develops and distributes publications, and works closely with professional and patient organizations and government agencies to coordinate diabetes-related resources.

## Resource Checklist

- ✓ Information on health insurance
- ✓ Food and nutrition assistance for women
- ✓ Insurance assistance after leaving a job
- ✓ Assistance for children with diabetes
- ✓ Assistance for medications and medical supplies

# Partnership for Prescription Assistance

[https://www.pparx.org/en/prescription\\_assistance\\_programs/diabetes\\_programs\\_supplies](https://www.pparx.org/en/prescription_assistance_programs/diabetes_programs_supplies)

The screenshot shows the homepage of the Partnership for Prescription Assistance (PPA) website. At the top, there's a navigation bar with links for "ABOUT US", "PRESCRIPTION ASSISTANCE PROGRAMS", and "NEWS & MEDIA". A banner on the right side marks the "9TH ANNIVERSARY". The main content area features a sidebar on the left with links to various programs like Medicare Drug Coverage, Medicaid/CHIP Programs, and Diabetes Programs & Supplies (which is highlighted in orange). The main content area has a heading "DIABETES PROGRAMS & SUPPLIES" and a list of items under "Categories". Below this is a section for "Free Glucose Meters" and another for "Abbott Diabetes Care". A large orange button at the bottom left says "GET HELP NOW!".

## CONTACT INFO:

E-mail: Online

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free. Its mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible. The organization offers a single point of access to more than 475 public and private programs, including nearly 200 offered by biopharmaceutical companies. Proudly, the Partnership for Prescription Assistance has already helped millions of Americans get free or reduced-cost prescription medicines.

## Resource Checklist

- ✓ Prescription coverage programs
- ✓ Medical supply assistance
- ✓ Service animals for diabetes patients
- ✓ Assistance for glucose meters

# Resource Reference Chart

## Patient Education Resources

Website	Address	Contact
<b>American Diabetes Association</b> <a href="http://www.diabetes.org">www.diabetes.org</a>	American Diabetes Association ATTN: Center for Information 1701 North Beauregard Street Alexandria, VA 22311	Phone: (800) 342-2383 E-mail: AskADA@diabetes.org
<b>Centers for Disease Control and Prevention: Diabetes Public Health Resource</b> <a href="http://www.cdc.gov/diabetes">www.cdc.gov/diabetes</a>	Centers for Disease Control and Prevention 1600 Clifton Road Atlanta, GA 30333	Phone: (800) 232-4636 Text Telephone: (888) 232-6348 E-mail: cdcinfo@cdc.gov
<b>Diabetes Action Research and Education Foundation</b> <a href="http://www.diabetesaction.org">www.diabetesaction.org</a>	Diabetes Action Research and Education Foundation 6701 Democracy Boulevard, Suite 300 Bethesda, MD 20817	Phone: (202) 333-4520 E-mail: info@diabetesaction.org
<b>Diabetes Research Institute Foundation</b> <a href="http://www.diabetesresearch.org/diabetes-and-you">www.diabetesresearch.org/diabetes-and-you</a>	Diabetes Research Institute Foundation 200 S. Park Road, Suite 100 Hollywood, FL 33021	Phone: (800) 321-3437 E-mail: info@drif.org
<b>dLife</b> <a href="http://www.dlife.com">www.dlife.com</a>	dLife 101 Franklin Street Westport, CT 06880	Phone: (866) 354-3366 E-mail: info@dlife.com
<b>Joslin Diabetes Center</b> <a href="http://www.joslin.org/diabetes-information.html">www.joslin.org/diabetes-information.html</a>	Joslin Diabetes Center and Joslin Clinic One Joslin Place Boston, MA 02215	Phone: (800) JOSLIN-1 E-mail: diabetes@joslin.harvard.edu
<b>National Diabetes Education Program</b> <a href="http://www.ndep.nih.gov">www.ndep.nih.gov</a>	National Diabetes Education Program One Diabetes Way Bethesda, MD 20814	Phone: (888) 693-6337 E-mail: Online
<b>Taking Control of Your Diabetes</b> <a href="http://tcoyd.org">tcoyd.org</a>	Taking Control Of Your Diabetes 1110 Camino Del Mar, Suite B Del Mar, CA 92014	Phone: (800) 998-2693 E-mail: info@tcoyd.org

## Support Group Resources

Website	Address	Contact
<b>Behavioral Diabetes Institute</b> <a href="http://behavioraldiabetesinstitute.org">behavioraldiabetesinstitute.org</a>	Behavioral Diabetes Institute 5405 Oberlin Drive, Suite 100 San Diego, CA 92121	Phone: (858) 336-8693 E-mail: info@behavioraldiabetes.org
<b>Defeat Diabetes Foundation</b> <a href="http://www.defeatdiabetes.org">www.defeatdiabetes.org</a>	Defeat Diabetes Foundation 150 153rd Avenue, Suite 300 Madeira Beach, FL 33708	Phone: (877) 391-5051 E-mail: Online
<b>Diabetes Daily</b> <a href="http://www.diabetessdaily.com">www.diabetessdaily.com</a>		E-mail: Online
<b>DiabetesMine</b> <a href="http://www.diabetesmine.com">www.diabetesmine.com</a>	DiabetesMine 9 Exchange Place, Suite 200 Salt Lake City, UT 84111	Phone: (801) 355-6002 E-mail: info@diabetesmine.com
<b>Script Your Future</b> <a href="http://scriptyourfuture.org/diabetes">scriptyourfuture.org/diabetes</a>	National Consumers League 1701 K Street NW, Suite 1200 Washington DC 20006	Phone: (202) 835-3323 E-mail: Online
<b>TuDiabetes</b> <a href="http://www.tudiabetes.org">www.tudiabetes.org</a>	Diabetes Hands Foundation 1962 University Avenue #1 Berkeley, CA 94704	Phone: (510) 898-1301 E-mail: Online

## Financial Assistance Resources

Website	Address	Contact
<b>American Diabetes Association—Health Insurance</b> <a href="http://www.diabetes.org/living-with-diabetes/health-insurance/?loc=lwd-slabnav">www.diabetes.org/living-with-diabetes/health-insurance/?loc=lwd-slabnav</a>	American Diabetes Association ATTN: Center for Information 1701 North Beauregard Street Alexandria, VA 22311	Phone: (800) 342-2383 E-mail: AskADA@diabetes.org
<b>dLife—Paying For Health Care</b> <a href="http://www.dlife.com/diabetes_resources/saving_money">www.dlife.com/diabetes_resources/saving_money</a>	dLife 101 Franklin Street Westport, CT 06880	Phone: (866) 354-3366 E-mail: info@dlife.com
<b>National Diabetes Information Clearinghouse</b> <a href="http://diabetes.niddk.nih.gov/dm/pubs/financialhelp/#17">diabetes.niddk.nih.gov/dm/pubs/financialhelp/#17</a>	National Diabetes Information Clearinghouse 1 Information Way Bethesda, MD 20892	Phone: (800) 860-8747 E-mail: ndic@info.niddk.nih.gov
<b>Partnership for Prescription Assistance</b> <a href="http://www.pparx.org/en/prescription_assistance_programs/diabetes_programs_supplies">www.pparx.org/en/prescription_assistance_programs/diabetes_programs_supplies</a>		E-mail: Online

## Notes



