

RESOURCES FOR PEOPLE NEWLY DIAGNOSED WITH DIABETES

If you've just found out that you have diabetes first realize that you are not alone—more than 18 million people in the United States have diabetes and most are able to manage their disease and lead normal and healthy lives. The resources below will help guide you and your family through the physical, social, and emotional aspects of dealing with diabetes.

The Family Doctor Web site is operated by the American Academy of Family Physicians and includes comprehensive information on diabetes including the basics, treatment, diabetes and kids, living with diabetes, and complications. It includes an article, *Diabetes: What the Diagnosis Means*, written in English and Spanish for newly diagnosed individuals:

English: <http://familydoctor.org/x2014.xml?printxml>

Español: <http://familydoctor.org/x6725.xml>

<http://familydoctor.org/x3092.xml>

Each day, over 2,200 Americans are newly diagnosed with diabetes. The diabetes.com Web site is a crash course for those newly diagnosed with diabetes. It offers information on what it means to have diabetes and some basic information on the different types of diabetes, diet and nutrition, exercise, injections and medication management, and complications. The site also offers newsletter, which address a variety of questions and issues that people with diabetes face.

<http://www.diabetic.com/education/education.htm>

The National Diabetes Information Clearinghouse is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The clearinghouse provides information about diabetes to people with diabetes and to their families, health care professionals, and the public. It answers inquiries, develops and distributes publications, and works closely with professional and patient organizations and Government agencies to coordinate resources about diabetes. The Web site offers a wide range of information and resources for people newly diagnosed with diabetes or at risk of getting the disease, including a comprehensive dictionary of terms associated with diabetes.

<http://diabetes.niddk.nih.gov/>

The American Diabetes Association has created a learning center for people newly diagnosed with diabetes. The topics covered in the learning center include:

- *Eating and Diabetes
- *Factors Affecting Blood Sugar
- *Checking your Blood Sugar
- *Your Diabetes Care Team
- *Emotions and Diabetes
- *Diabetes, Heart Disease and Stroke

The Web site includes a wealth of information and statistics on Type 1 and Type 2 diabetes and information on how diabetes affects different populations such as African Americans, Latinos, Native Americans, men, women, seniors, and youth.

English: http://www.diabetes.org/all-about-diabetes/chan_eng/channel.htm

Español: http://www.diabetes.org/all-about-diabetes/chan_span/channel.htm

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