### BOOKS: CHILDREN

**Living with diabetes**
- **Author:** Bryan, Jenny.
- **Publisher:** Austin, Tex.: Raintree Steck-Vaughn, 2000.
- **Summary:** Discusses the causes, nature, and symptoms of diabetes, how it is affected by medicine and diet, and what to do in an emergency.
- **Subject:** Diabetes in children -- Juvenile literature.
- **ISBN:** 0817255753
- **Locations:** Woods Memorial Library & Joel Valdez Main Library
  - Child 618.92462 B84L 2000

**I'm tougher than diabetes!**
- **Author:** Carter, Alden R.; photographs by Carol Shadis Carter.
- **Publisher:** Morton Grove, Ill.: A. Whitman and Co., 2001.
- **Summary:** Nine-year-old Natalie shares with young readers what Type 1 diabetes is and what she has to do to keep herself well, from eating snacks that keep her blood sugar levels stable and checking over her diabetes kit to practicing what to do if she needs emergency help, and shows how, with friends, and family, she is able to continue to do all of the things she loves.
- **Subject:** Diabetes -- Juvenile literature.
- **ISBN:** 0807515728.
- **Locations:** Joel Valdez Main
  - Child 616.462 C2451i 2001

**Juvenile diabetes**
- **Author:** Glaser, Jason.
- **Publisher:** Mankato, Minn.: Capstone Press, 2007.
- **Summary:** "Describes juvenile diabetes, why it occurs, and how it is diagnosed and treated"--Provided by publisher.
- **Subject:** Diabetes in children -- Juvenile literature.
- **ISBN:** 9780736863926.
- **ISBN:** 0736863923.
- **Locations:** Mission Library
  - 618.92462 G4622j 2007

**Eating for good health**
- **Author:** Gray, Shirley W.
- **Publisher:** Chanhassen, Minn.: Child's World, 2004.
- **Contents:** Healthy food helps! -- What is good nutrition? -- Protecting your body -- Smart foods -- Healthy choices.
- **Subject:** Children -- Nutrition -- Juvenile literature.
487 really cool tips for kids with diabetes

Loy, Spike Nasmyth, 1980-


Written by kids for kids, the kid-friendly tips will help children trying to deal with the effects of diabetes in a fun way.

Diabetes in children -- Diabetes in adolescence -- Juvenile literature.

1580401910 (pbk.: alk. paper)

9781580401913 (pbk.: alk. paper)

Murphy-Wilmot Library

The truth about Stacey: a graphic novel

Martin, Ann M., 1955-


Stacey, a member of the Baby-sitters Club, learns to cope with her diabetes and her overprotective parents. A graphic novel based on the 1988 book by the same name.

Diabetes -- Juvenile fiction.

043986724X (hardcover)

0439739365 (pbk.)

9780439739368.

Kirk-Bear Canyon Library & Wheeler Taft Abbett Library & Quincie Douglas Library & Nanini Library & Miller-Golf Links Library & Oro Valley Library & Valencia Library & Murphy-Wilmot Library & Joel Valdez Main Library & Salazar-Ajo Library

The monster health book: a guide to eating healthy, being active & feeling great for monsters & kids!

Miller, Edward, 1964-


0823419568 (hardcover)

9780823419562.

<table>
<thead>
<tr>
<th>TITLE</th>
<th>Alex's challenge</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUTHOR</td>
<td>Morgan, Melissa J.</td>
</tr>
<tr>
<td>SUMMARY</td>
<td>During the last weeks of summer camp, eleven-year-old Alex Kim has trouble hiding a secret from the other girls in bunk 3C while also trying to meet the high standards she sets for herself in sports, relationships, and other activities.</td>
</tr>
<tr>
<td>SUBJECT</td>
<td>Diabetes -- Juvenile fiction.</td>
</tr>
<tr>
<td>ISBN/ISSN</td>
<td>0448438763 (pbk.)</td>
</tr>
<tr>
<td>LOCATIONS</td>
<td>Oro Valley Library &amp; Miller-Golf Links Library &amp; Himmel Park Library &amp; Geasa-Marana Library &amp; Joel Valdez Main Library &amp; Murphy-Wilmot Library &amp; Flowing Wells Branch Library</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TITLE</th>
<th>Oh the things you can do that are good for you!</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUTHOR</td>
<td>Rabe, Tish; illustrated by Aristides Ruiz.</td>
</tr>
<tr>
<td>SUMMARY</td>
<td>The Cat in the Hat takes children to the Feeling Great Clinic, where they learn about exercise, germs, healthy eating, and playing safely.</td>
</tr>
<tr>
<td>SUBJECT</td>
<td>Health -- Juvenile literature</td>
</tr>
<tr>
<td>ISBN/ISSN</td>
<td>9780375810985.</td>
</tr>
<tr>
<td>ISBN/ISSN</td>
<td>0375910980 (lib. bdg.)</td>
</tr>
<tr>
<td>ISBN/ISSN</td>
<td>9780375910982 (lib. bdg.)</td>
</tr>
<tr>
<td>ISBN/ISSN</td>
<td>0375810986.</td>
</tr>
<tr>
<td>LOCATIONS</td>
<td>Martha Cooper Library &amp; Mission Library &amp; Kirk-Bear Canyon Library &amp; Quincie Douglas Library</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TITLE</th>
<th>Being active</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUTHOR</td>
<td>Schuh, Mari C., 1975-</td>
</tr>
<tr>
<td>SUMMARY</td>
<td>&quot;Simple text and photographs present the importance of being active and examples of how to stay active&quot;--Provided by publisher.</td>
</tr>
<tr>
<td>SUBJECT</td>
<td>Physical fitness for children -- Juvenile literature.</td>
</tr>
<tr>
<td>ISBN/ISSN</td>
<td>0736853685.</td>
</tr>
<tr>
<td>ISBN/ISSN</td>
<td>9780736853682.</td>
</tr>
<tr>
<td>LOCATIONS</td>
<td>Kirk-Bear Canyon Library</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TITLE</th>
<th>Eat healthy, feel great</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUTHOR</td>
<td>Sears, William, M.D.</td>
</tr>
<tr>
<td>PUBLISHER</td>
<td>Boston: Little, Brown, c2002.</td>
</tr>
<tr>
<td>SUMMARY</td>
<td>Explains how eating healthy foods can be fun for the whole family.</td>
</tr>
<tr>
<td>SUBJECT</td>
<td>Nutrition -- Juvenile literature.</td>
</tr>
<tr>
<td>ISBN/ISSN</td>
<td>0316787086.</td>
</tr>
<tr>
<td>ISBN/ISSN</td>
<td>9780316787086.</td>
</tr>
<tr>
<td>LOCATIONS</td>
<td>Murphy-Wilmot Library</td>
</tr>
</tbody>
</table>

Arizona State Museum
THE UNIVERSITY OF ARIZONA.
www.statemuseum.arizona.edu
Beyond the mango tree
Zemser, Amy Bronwen.
While living in Liberia with her possessive, diabetic mother and often-absent father, twelve-year-old Sarina longs for a friend with whom to experience the world beyond her yard.

Diabetes -- Juvenile fiction.
ISBN/ISSN 0688160050.
ISBN/ISSN 0064407861.
LOCATIONS Murphy-Wilmot Library & Valencia Library & Oro Valley Library

I have diabetes, now what?
Green, Leslie.
Introduction -- Diabetes through time -- How is diabetes diagnosed? -- Who gets diabetes? -- Your new life with diabetes-- Diabetes and your school -- Changes to your health -- Maintaining your health -- Changes to diet and exercise -- Supplies and testing requirements -- Diabetes in teens -- Talking to your doctor -- The future of diabetes -- How to be prepared.
Provides information on diabetes, including how it is diagnosed and treated, how to maintain one's health with the disease, and advances in diabetes research and treatment.

Diabetes -- Juvenile literature.
ISBN/ISSN 9781448846535
ISBN/ISSN 1448846536
LOCATIONS Joel Valdez Main Library

Sweetblood
Hautman, Pete, 1952-.
After a lifetime of being a model student, sixteen-year-old Lucy Szabo is suddenly in trouble at school, at home, with the "proto-vampires" she has met online and in person, and most of all with her uncontrolled diabetes.

Diabetes -- Fiction.
ISBN/ISSN 0689850484.
LOCATIONS Oro Valley Library

Last dance
McDaniel, Lurlene.
Rachel Deering, an otherwise normal 13-year-old aspiring ballerina from Miami, suddenly finds herself in the hospital, diagnosed with diabetes. Now she needs
to learn how to manage her disease, and to cope with being different from all her friends.

SUBJECT Diabetes -- Fiction.
ADD TITLE Will I ever dance again?
ISBN/ISSN 158196031X.
LOCATIONS Eckstrom-Columbus Library & El Rio Library
Fiction McDaniel Pbk TEEN

TITLE The diabetes update
AUTHOR Silverstein, Alvin.
SUMMARY Examines the symptoms of diabetes, sometimes called the sugar disease. Discusses the history of diabetes, as well as management and treatment from diet and exercise to insulin therapy and transplants.
SUBJECT Diabetes -- Juvenile literature.
ISBN/ISSN 0766024830.
LOCATIONS Valencia Library & Mission Library & Murphy-Wilmot Library & Woods Memorial Library & Kirk-Bear Canyon Library & El Pueblo Library & Joel Valdez Main Library
616.462 Si397d 2006 TEEN

BOOKS: TEEN/ PARENT/ TEACHER

TITLE Diabetes for dummies
AUTHOR Rubin, Alan L.
SUBJECT Diabetes -- Popular works.
ISBN/ISSN 9780470270868 (pbk.)
ISBN/ISSN 0470270861 (pbk.)
616.462 R8241d 2008

BOOKS: PARENT/TEACHER

TITLE American Diabetes Association complete guide to diabetes
SUBJECT Diabetes -- Popular works
ISBN/ISSN 9781580403306 (pbk.: alk. paper)
ISBN/ISSN 1580403301 (pbk.: alk. paper)
LOCATIONS Dusenberry-River Library & Eckstrom-Columbus Library & Joel Valdez Main Library & Miller-Golf Links Library & Joyner-Green
Dr. Neal Barnard's program for reversing diabetes: the scientifically proven system for reversing diabetes without

Author: Barnard, Neal D., 1953-
Subject: Diabetes -- Alternative treatment -- Popular works.
ISBN: 9781594865282 (hardcover)
ISBN: 1594865280 (hardcover)

Prediabetes: what you need to know to keep diabetes away

Author: Becker, Gretchen.
Subject: Non-insulin-dependent diabetes -- Prevention -- Popular works.

The buena salud guide to diabetes and your life

Author: Delgado, Jane L.
Note: Published simultaneously in Spanish under the title La guía de buena salud sobre la diabetes y tu vida.
Subject: Hispanic Americans -- Health and hygiene -- Popular works.
Subject: Diabetes -- Popular works.
ISBN: 9781557049414 (pbk.)
ISBN: 1557049416 (pbk.)

What do I eat now? : A step-by-step guide to eating right with type 2 diabetes

Author: Geil, Patti Bazel
Carol Guber's type 2 diabetes life plan: take charge, take care, and feel better than ever

AUTHOR Guber, Carol.

A practical handbook on how to beat adult-onset diabetes draws on the author's personal experiences to prescribe a program of exercise, nutrition, and lifestyle change and offers a host of facts on human physiology, medication options, treatment alternatives, and other lifestyle issues.

Change one for diabetes: the natural solution program for lowering your blood sugar, losing weight, and living a healthier life

AUTHOR Harper, Pat.

Non-insulin-dependent diabetes -- Popular works.

Help! My underwear is shrinking

AUTHOR Hattner, Jo Ann, 1941-

Non-insulin-dependent diabetes -- Diet therapy.

Diabetes rising: how a rare disease became a modern pandemic, and what to do about it

AUTHOR Hurley, Dan, 1957-

SUBJECT       Non-insulin-dependent diabetes -- Popular works.
ISBN/ISSN     9781585426706 (pbk.)
ISBN/ISSN     1585426709.
LOCATIONS     Oro Valley Library & Woods Memorial Library & Salazar-Ajo Library
& Sam Lena-South Tucson & Himmel Park Library & Nanini Library & Joel
Valdez Main Library & Valencia Library & Sahuarita Branch Library
616.462 V2349d 2008

DVDs:

TITLE         Nutrition made clear [videorecording]. Part 2 of 3 / taught by Roberta H.
Anding.
AUTHOR        Anding, Roberta.
DESCRIPT      2 DVDs: + 1 course guidebook
CONTENTS      Disc 3. B Vitamin basics -- The major minerals -- The highs and lows of sodium
and potassium -- Iron, zinc, selenium, balance is everything -- Cardiovascular
disease, what are the risks? -- A heart-healthy lifestyle -- Disc 4. The DASH
diet, a lifesaver-- Obesity, public health enemy number one -- Healthy weight
management -- Metabolic syndrome and type 2 diabetes -- Dietaryapproaches
to weight management -- Nutrition and cancer prevention.
NOTE          Thirty-six lectures lasting 30 min. each.
SUBJECT       Diet.
ISBN/ISSN     1598036076 (set)
ISBN/ISSN     1598036084 (guidebook)
LOCATIONS     Nanini Library & Wheeler Taft Abbett Library & Kirk-Bear Canyon Library

TITLE         Mayo Clinic Wellness Solutions for diabetes [videorecording]/ Monica
Beach Media presents; producer, John Corry; written and directed
by Lee Fulkerson.
PUBLISHER      Rochester, MN: Mayo Clinic, c2007?.
DESCRIPT      1 DVD
SUMMARY       Physicians from the esteemed Mayo Clinic of Rochester, Minnesota provide
male and female adult viewers with insights on the most effective means to
cope with this condition. Sections include Integrative Medicine, Gentle Yoga,
and Daily Nutrition.
ISBN/ISSN     00018713523778.
ISBN/ISSN     05-52377.
LOCATIONS     Woods Memorial Library & Valencia Library & Nanini Library & Sahuarita
Branch Library & Oro Valley Library & Miller-Golf Links Library & Martha
Cooper Library & Kirk-Bear Canyon Library & Joyner-Green Valley Library &
Flowing Wells Branch Library & Himmel Park Library & Wheeler Taft Abbett
Library
616.462 M4546 2007 DVD
**TITLE** Forks over knives [videorecording] / Monica Beach Media presents; producer, John Corry ; written and directed by Lee Fulkerson.

**PUBLISHER** New York : Virgil Films, [2011]

**DESCRIPT** 1 DVD (96 min.)

**SUMMARY** This documentary "examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting animal-based and processed foods"--Container.

**NOTE** Special features: Food as medicine ; What about organic meat and dairy? ; The latest on diabetes ; Benefits from the plant-based diet ; Tax dollars for dairy ; Filmmakers discuss Forks over knives.

**NOTE** Closed-captioned.

**NOTE** MPAA rating: PG.

**ISBN/ISSN** 829567076026.

**ISBN/ISSN** 670760.

**LOCATIONS** Woods Memorial Library & Oro Valley Library & Murphy-Wilmot Library & Kirk-Bear Canyon Library & Joyner-Green Valley Library & Joel Valdez Main Library & Miller-Golf Links Library & Dewhirst-Catalina Library & Himmel Park Library

616.39 F764 2011 DVD

**BOOKS IN SPANISH:**

**BOOKS: TEEN/PARENT/TEACHER**

**TITLE** Diabetes para dummies

**AUTHOR** Rubin, Alan L.


**SUBJECT** Diabetes -- Popular works.

**ISBN/ISSN** 0470170476 (pbk.): $19.99.


**LOCATIONS** Martha Cooper Library & Joyner-Green Valley Library & Nanini Library & Quincie Douglas Library & Valencia Library & Kirk-Bear Canyon Library & Southwest Library & Salazar-Ajo Library & Joel Valdez Main Library & Miller-Golf Links Library & El Pueblo Library & Murphy-Wilmot Library & Caviglia-Arivaca Library & Dusenberry-River Library

616.462 R8241d 2007 Espanol

**BOOKS: PARENT/TEACHER**

**TITLE** Diabetes tipo 2: su guía para una vida saludable: consejos, técnicas, y recomendaciones prácticas para vivir bien teniendo diabetes

**ALT AUTHOR** American Diabetes Association

**PUBLISHER** Alexandria, Va.: American Diabetes Association, c2002.

**SUBJECT** Non-insulin-dependent diabetes -- Popular works.

**SUBJECT** Diabetes Mellitus, Type II -- Popular Works. Spanish language materials.
Controlar la diabetes: [las mejores dietas y los consejos más prácticos].


DESCRIPT 117 p.: ill.

SUBJECT Diabetes -- Popular works. Diabetes -- Diet therapy.

LOCATIONS Joel Valdez Main Library & Quincie Douglas Library & Murphy-Wilmot Library & Valencia Library & Woods Memorial Library & Nanini Library & Mission Library

616.462 C7688 2006 Espanol

Coma y combata la diabetes : más de 300 deliciosas recetas que lo ayudarán a gozar de la vida y a estar bien

AUTHOR Webb, Robyn.

PUBLISHER Buenos Aires; New York: Reader's Digest, c2006.

SUBJECT Diabetes -- Diet therapy -- Recipes. Cookery.

LOCATIONS Quincie Douglas Library & El Pueblo Library & Joel Valdez Main Library & Southwest Library & Sam Lena-South Tucson & Mission Library

641.5631 W383c 2006 Espanol

INTERNET:

Alt Health Watch – Perspectives on complementary, holistic and integrated approaches to health care and wellness.
http://www.lib.utexas.edu/indexes/titles.php?id=435

Centers for Disease Control – Dining decisions game.
http://www.bam.gov/sub_foodnutrition/diningdecisions.html

Children with Diabetes – Short videos about living with diabetes, also advocacy.
http://www.childrenwithdiabetes.com/video/

Consumer Health Complete – All areas of health and wellness from mainstream medicine to holistic and integrated medicine.
http://www.lib.utexas.edu/indexes/titles.php?id=97

Health Source Consumer Edition – Consumer health magazines, health-related pamphlets and more than 130 health reference books.
It’s Up 2 You! – Comic book aimed at teens that presents the challenges and choices youth make about health with a diabetes awareness and prevention method from a Native American perspective.  
http://www.healthypima.org

MedLine Plus – Health information from the National Library of Medicine, available in over 40 languages.  
http://www.nlm.nih.gov/medlineplus/

Multilingual Health Databases – Translated articles about common medical conditions and procedures in 16 languages.  
http://www.ebscohost.com/public/multilingual-health-databases


Pima County Public Library Databases and Online Resources/Health – Research your own questions about diabetes!  
http://www.library.pima.gov/research/databases/#dbs-health

Compiled by Ellen Blumberg, October 2011  
Many thanks to the Pima County Public Library’s “Ask A Librarian” Service for their assistance in compiling this resources list.  
www.library.pima.gov