



Where to Start...on Diabetes

Suggestions for resources when you **begin** to look for information about diabetes.

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These resources are provided for information purposes only and are not intended as a substitute for medical care. If you have any questions about your healthcare, please consult your healthcare provider.

Inclusion of a resource does not imply endorsement by The Ottawa Hospital. If you would like more information about this topic, please contact the Patient and Family Library.

<p>Local Association or Support Group</p>	<p>Canadian Diabetes Association (Ottawa and District Office) 45 Montreal Road Ottawa, ON K1L 6E8 Phone: 613-521-1902 Fax: 613-521-3667 Open Monday to Friday from 8:30 to 4:30</p> <p>Canadian Diabetes Association 1-800-226-8464</p>
<p>Books and Other Resources – Patient and Family Library</p>	<p>American dietetic association guide to eating right when you have diabetes. 2003.</p> <p>The Essential Diabetes Book. Mayo Clinic, 2009</p> <p>The Canadian type 2 diabetes sourcebook. John Wiley & Sons. 2004.</p> <p>The Secrets of Living and Loving with Diabetes. Janis Roszler, William Polonsky and Steven Edelman, Surrey Books 2004.</p> <p>101 tips for a healthy pregnancy with diabetes. Patti B. Geil and Laura B. Hieronymus. American Diabetes Association, 2003.</p> <p>The Diabetic's total health and happiness book. June Biermann and Barbara Toohey. Penguin. 2003.</p> <p>The Uncomplicated guide to diabetes complications. Martin E. Levin and Michael Pfeifer. American Diabetes Association. 2002.</p> <p>Search our catalogue: http://www.ottawahospital.on.ca/library/catalogue-e.asp</p>
<p>Decision Aids</p>	<p>Decision aids present information gathered from clinical studies to enable patients to make informed decisions about their treatment. http://www.ohri.ca/DecisionAid</p>
<p>Web Sites</p>	<p>American Diabetes Association (USA) http://www.diabetes.org/ Canadian Diabetes Association http://www.diabetes.ca National Diabetes Information Clearinghouse http://www.diabetes.niddk.nih.gov HealthyOntario.com http://www.healthyontario.com/ MedlinePlus (USA) http://medlineplus.gov/</p>