



Sierra Endocrine Associates

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RESOURCE BOOKS

BASICS

Brackenridge, Betty and Richard Dolinar. Diabetes 101: A Pure and Simple Guide for People Who Use Insulin (1998). This is simply the best book for someone who is newly diagnosed with type 1 diabetes. It summarizes key aspects of self care and uses stories and analogies to answer all the important questions. When someone new to type 1 diabetes asks you what they need to know and do, buy them this book.

INTENSIVE SELF MANAGEMENT

Scheiner, Gary. Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin (2004). This book is like having an older brother with diabetes who can answer your questions. The author is an experienced diabetes educator and exercise physiologist who has a national reputation for practical problem solving and wonderful stories that make key points memorable.

Walsh, John and Ruth Roberts. Pumping Insulin: Everything You Need to Know for Success with an Insulin Pump, 4th edition (2006). This book should be required reading for anyone who wears an insulin pump. These authors have written short, very readable chapters and focus on practical ways to improve blood sugars.

Walsh, John and Ruth Roberts. Using Insulin: Everything You Need for Success with Insulin (2003). This book is a tremendous resource that covers a great deal of information in a conversational tone. It includes tables, sidebars and charts for quick reference.

LIVING WITH DIABETES/ PERSONAL STRESS MANAGEMENT

Feste, Catherine. 365 Daily Meditations for People with Diabetes (2004) When you need a boost in energy or a more positive point of view that you do not feel, you can pick up this book and find a story, a poem or an essay that will work wonders.

Pelletier, Kenneth. Mind as Healer, Mind as Slayer (1992) If you need to know why things work and like reading about physiology, this book provides an exploration of mind-body connections and summarizes techniques for personal stress management.

Polonsky, William. Diabetes Burnout: What to Do When You Can't Take It Anymore (1999). You will feel that this book was written for you. The author will list all of your major frustrations in living with diabetes and then offer ways to diffuse them.

CARB COUNTING AND MEAL PLANNING

Borushek, Allan. The Calorie King Calorie, Fat and Carbohydrate Counter (2008). This is simply the best resource book for carb counting AND it is cheap and updated annually.

Giedt, Frances Towner and Bonnie Sanders Polin. The Joslin Diabetes Great Chefs Cook Healthy Cookbook (2002). If you love entertaining but don't want to wreck your diet, need some variety in meals, or maybe, fancy yourself a gourmet, this cookbook will deliver. Each recipe has a complete nutrition profile.

Hess, Mary Abbott. The Art of Cooking for the Diabetic (1996) third edition. This cookbook has 375 family-favorite recipes and is updated every ten years. The first few chapters in the book provide an overview of nutrition. The recipes are yummy, easy to prepare and have complete nutrition profiles per serving.

Warshaw, Hope. Guide to Healthy Restaurant Eating (2002). This paperback offers more information than Calorie King on 56 different chain restaurants and provides sample menus for dieters and hearty eaters.

EXERCISE

Colberg, Sheri. The Diabetic Athlete. This book provides specific strategies to maintain steady and predictable blood sugars that have worked for different types of people participating in different sports.

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