

Diabetes Resources

Having a doctor tell you that you have diabetes may not be what you want to hear. However, you should know that there are resources out there to inform you about your condition, from medications to diabetes supplies to the latest technological developments.

[American Diabetes Association](#) (ADA)

One of the largest, most famous, and all-encompassing of the diabetes organizations, ADA was founded in 1940 with a mission to “prevent and cure diabetes and improve the lives of all people affected by diabetes.” ADA funds diabetes research for type 1, type 2, gestational and pre-diabetes. They deliver support services, which include advocacy, to the diabetes community. You can find listings of support groups local to your area. If you have a child with diabetes, there is information on youth programs such as diabetes camps.

With information on the role of fitness and food in maintaining your health, there is also a large recipe bank of diabetes-friendly recipes as well as links to cookbooks.

[National Institute of Diabetes and Digestive and Kidney Diseases \(NIDDK\) Information Clearing House](#)

A division of the National Institute of Health (NIH), this site provides information that has been shaped by NIDDK research as well as reviewed by NIDDK doctors. Resources include articles and video presentations that are focused on telling you about diabetes as well as guiding you in self-management. Topics can include suggestions for dinner as well as your current choice of [insulin](#) devices.

[National Diabetes Education Program](#)

This site is a partnership between the NIH and the Centers for Disease Control and Prevention. There are tips on preventing diabetes, a type 2 diabetes risk test, and patient information and clinical practice tools for healthcare professionals. Videos include information on gestational diabetes as well as self-management. Information is available in Spanish as well as 14 other languages.

[diaTribe](#)

This site provides the most current information on diabetes self-management for people with type 1, type 2, and prediabetes. Trial Watch keeps an eye on cutting-edge developments in the diabetes field, covering not just medications but also the latest devices and therapies. Adam’s Corner, by Adam Brown, presents an up close and personal view of what it’s like to live with diabetes and offers useful viewpoints such as how to cope with the emotional roller coaster that the condition can cause.

[A Sweet Life](#)

This site is a digital magazine started by a couple (Jessica Apple and Michael Aviad) who were both diagnosed with type 1 diabetes. Topics include low-carb baking and the latest diabetes technology, as well as blogs by writers, mostly with type 1 diabetes. There is also the medical perspective on diabetes, with a blog by Dr. Zachary Bloomgarden, a diabetes specialist from the Mount Sinai School of Medicine, along with a blog by Robert Scheinman, a researcher who studies the role of inflammation in diabetes.