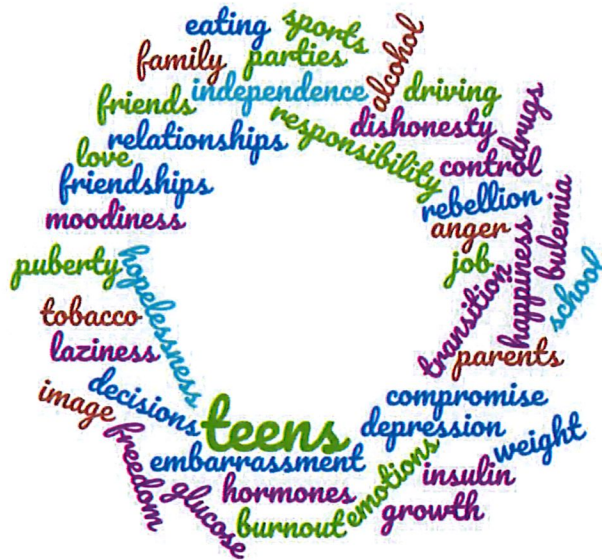


Resources for Teens with Diabetes and Those Who Love and Care for Them



Let's face it, nearly everyone finds it tough to navigate through the teen years- not only the teenagers themselves, but also their well-intentioned parents and caregivers. By understanding the various physical, mental and social changes experienced by adolescents, compounded with their increased demands of school, jobs, sports and peer pressures-one can see the potential for some trying years for many teens and their families.

Additionally, teens with the diagnosis of diabetes deal with inherent health challenges, stress and frequent confusion all-the-while struggling to move towards independence. Although everyone's experiences are unique, many individuals with the diagnosis of diabetes who have successfully maneuvered through their adolescence agree that "knowledge is power." Sometimes that knowledge comes from field experts- but many times, sharing with others who have similar experiences can lend comradery and assurance in times of confusion or desperation.

To that end, the following resources have been collected to assist teens with diabetes as well as their parents and care givers. This is by no means a complete list of resources, but rather a composite of many popular books, articles, organizations and websites according to many who have found them helpful. The specific references found within each grouping are listed in no specific order and their content is not meant to replace any legal or medical advice, but rather for general information only.

Books

Transitions in Care: Meeting the Challenges of Type 1 Diabetes in Young Adults

Howard A. Wolpert, MD; Barbara J. Anderson, PhD; Jill Weissberg-Benchell, PhD, CDE

Bright Spots and Landmines: The Diabetes Guide I Wish Someone Had Handed Me

Adam Brown and Kelly Close

Raising Teens with Diabetes-A Survival Guide for Parents

Moira McCarthy and Jake Kushner, MD

Type 1 Teens- A Guide to Managing Your Diabetes

Korey K Hood, PhD

Diabetes: The Ultimate Teen Guide (It Happened to Me)

Katherine J. Moran

Emotional Eating with Diabetes: Your Guide to Creating a Positive Relationship with Food

Ginger Vieira and William Polonsky, PhD

Diabetes Burnout: What to Do When You Can't Take It Anymore

William Polonsky, PhD

In Control: A Guide for Teens with Diabetes

Jean Betschart-Roemer and Susan Thom

Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin

Gary Scheiner

Diabetic Athlete's Handbook

Sheri Colberg

Pumping Insulin: Everything You Need For Success on a Smart Insulin Pump

John Walsh and Ruth Roberts

Smart Pumping: A Practical Approach to the Insulin Pump

Howard Wolpert

The CalorieKing Calorie, Fat & Carbohydrate Counter 2018

Allen Borushek

Type 1 Diabetes and Babysitting: A Parent's Toolkit: Includes Pull-out Pages for Babysitters

Stacey Smith-Bradfield and Dayna Frei

Getting a Grip on Diabetes: Quick Tips & Techniques for Kids and Teens

Spike Nasmyth Loy and Bo Nasmyth Loy

The Ultimate Guide to Accurate Carb Counting: Featuring the Tools and Techniques Used by the Experts

Gary Scheiner

No Added Sugar – Growing up With Type 1 Diabetes

Fibi Ward

Diabetes Organizations

American Diabetes Association (ADA)

www.diabetes.org

Centers for Disease Control and Prevention (CDC)

www.cdc.gov

National Diabetes Education Program (NDEP)

www.niddk.nih.gov/health-information/communication-programs/ndep

Juvenile Diabetes Research Foundation (JDRF)

<http://www.jdrf.org/>

American Association of Diabetes Educators

www.diabeteseducator.org

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)

www.niddk.nih.gov

Joslin Diabetes Center

<http://www.joslin.org>

Diabetes Education and Camping Association (DECA)

www.diabetescamps.org

Online Communities/Resources/Newsletters

Teen Toolkit-JDRF

www.jdrf.org/wp-content/uploads/2013/10/JDRFTEENTOOLKIT.pdf

Children with Diabetes

www.childrenwithdiabetes.com

KidsHealth for Teens

<https://kidshealth.org/en/teens>

Parenting Diabetic Kids

www.parentingdiabetickids.com

Empower Your Health

www.empoweryourhealth.org

Type 1 Nation

<http://typeonenation.org/>

dLife

www.dlife.com

diaTribe

www.diatribes.org

Close Concerns

www.closeconcerns.com

Blogs

Six Until Me

www.sixuntilme.com

Scotts Diabetes Blog

www.scottsdabetes.com

Diabetes Mine

www.diabetesmine.com

Texting My Pancreas

www.textingmypancreas.com

Our Diabetic Life

www.ourdiabeticlife.com

Diabetes Self-Management

www.diabetesselfmanagement.com/blog

Diabetes Dad

www.diabetesdad.org

Bitter-Sweet

www.bittersweetdiabetes.com

Diabetic Foodie

www.diabeticfoodie.com

College Diabetes Network

www.collegediabetesnetwork.org/blog

Articles

When Your Teen Just Quits: Diabetes and the Teenage Years

<https://www.diabetesselfmanagement.com/about-diabetes/kids-diabetes/when-your-teen-just-quits/>

Teens with Diabetes: Freedom is Their Secret Drug

<https://www.healthline.com/diabetesmine/teens-with-diabete>

The Diabetes Rebellion-Who is in Control?

<https://www.healthcentral.com/article/the-diabetes-rebellion-who-is-in-control>

Managing Diabetes as a Teenager

http://www.healthtalk.org/Diabetes_type_1_in_young_people/%20Topic/1521

Diabetes Care for Emerging Adults: Recommendations for Transition From Pediatric to Adult Diabetes Care Systems

<http://care.diabetesjournals.org/content/34/11/2477>

Diabetes Apps Sourcing

Best Diabetes Apps of 2017

<https://www.medicalnewstoday.com/articles/317364.php>

9 Popular Diabetes Management Apps of 2017

<https://www.thediabetescouncil.com/popular-diabetes-management-apps-review>

Best Diabetes Apps for 2017

<https://www.gottabemobile.com/best-diabetes-apps>