



## Diabetes Materials for Study or Distribution by Health Care Professionals

### Diabetes Information for Health Care Professionals

- 1. Diabetes Fact Sheet: Recommendations for Persons Undergoing Blood Glucose Monitoring in Evacuation Centers for the Prevention of Hepatitis B Virus, Hepatitis C Virus, and Human Immunodeficiency Virus Transmission**  
<http://www.cdc.gov/diabetes/news/docs/disasters.htm>  
This fact sheet outlines safety procedures for blood glucose monitoring in group residence settings. Available in printer-friendly format.
- 2. Hurricane-Related Information for Health Care Professionals**  
<http://emergency.cdc.gov/disasters/hurricanes/index.asp>  
Includes information pertinent to diabetes-related care, including dialysis, medical devices, hand hygiene, and infection control. Fact sheets available in printer-friendly format.
- 3. Emergency Wound Management for Health Care Professionals**  
<http://emergency.cdc.gov/disasters/woundcare.asp>  
The risk for wound injuries during and after a natural disaster is high, and wound care is of particular importance for individuals with diabetes. Any wound or rash has the potential for becoming infected and should be assessed by a health-care provider as soon as possible. Available in printer-friendly format.
- 4. Tetanus Prevention**  
<http://emergency.cdc.gov/disasters/psa/tetanus.asp>  
People with diabetes are at increased risk of contracting tetanus from wound injuries sustained during a natural disaster. Reported tetanus is about 3 times more common in people with diabetes and fatalities are about 4 times more common. Available in printer-friendly format.
- 5. Sharps Disposal**  
<http://www.fda.gov/diabetes/lancing.html#4>  
FDA information about sharps disposal containers and needle destruction devices.
- 6. Safe Use of "Tanker" Water for Dialysis**  
<http://emergency.cdc.gov/disasters/watertanker.asp>  
This document provides guidance for both the suppliers of water and dialysis facilities for using water delivered by tanker trucks in emergency situations.
- 7. National Diabetes Fact Sheet**  
  
This fact sheet provides general information and national 2007 estimates on diabetes in the United States. Available in printer-friendly format.
- 8. Successes and Opportunities for Population-Based Prevention and Control: At A Glance 2011**  
<http://www.cdc.gov/chronicdisease/resources/publications/AAG/ddt.htm>  
A summary of the prevalence, complications, and cost of diabetes in America, and CDC's efforts to address the disease. Available in printer-friendly format.
- 9. Diabetes Numbers at a Glance**  
[http://www.ndep.nih.gov/diabetes/pubs/NumAtGlance\\_Eng.pdf](http://www.ndep.nih.gov/diabetes/pubs/NumAtGlance_Eng.pdf)  
Use this handy pocket guide for a quick listing of American Diabetes Association recommendations for diagnosing pre-diabetes and diabetes and for managing your patients with diabetes. In printer-friendly format.
- 10. Diabetes and Aging**  
<http://diabetes.niddk.nih.gov/about/dateline/spri02/8.htm>



Information from the National Institute of Diabetes and Digestive and Kidney Diseases about diabetes in older people, and differences in diabetes management for this age group.

#### 11. **Kidney Community Emergency Preparedness and Response**

<http://www.kidney.org/help/index.cfm>

This Web site, provided by the National Kidney Foundation, provides essential information to help kidney health care professionals before and during emergencies. It includes a toll-free telephone help line, links to regional end-stage renal disease networks and related emergency preparedness resources, and mental health resources.

### One-Pagers for Patients

#### 1. **High and Low Blood Glucose Symptoms and Causes**

[http://www.diabetesatwork.org/files/handouts/I\\_A01b\\_HO.pdf](http://www.diabetesatwork.org/files/handouts/I_A01b_HO.pdf)

*En Español: Síntomas y causas de un nivel alto o bajo de la glucosa*

[http://www.diabetesatwork.org/files/handouts/I\\_A01b\\_HO\\_sp.pdf](http://www.diabetesatwork.org/files/handouts/I_A01b_HO_sp.pdf)

An illustrated one-page handout, in printer-friendly format.

#### 2. **Examples of Treatments for Hypoglycemia (Low Blood Sugar)**

[http://www.diabetesatwork.org/files/handouts/I\\_A01b\\_HO.pdf#examples](http://www.diabetesatwork.org/files/handouts/I_A01b_HO.pdf#examples)

*En Español: Ejemplos para de tratamiento de la Hipoglucemia*

[http://www.diabetesatwork.org/files/handouts/I\\_A01b\\_HO.pdf#examples](http://www.diabetesatwork.org/files/handouts/I_A01b_HO.pdf#examples)

An illustrated one-page handout, in printer-friendly format.

#### 3. **Foot Care Checklist**

[http://www.diabetesatwork.org/diabetesatwork/files/handouts/I\\_B\\_03b\\_HO.pdf](http://www.diabetesatwork.org/diabetesatwork/files/handouts/I_B_03b_HO.pdf)

An illustrated one-page handout, in printer-friendly format.

#### 4. **Signs of Heart and Blood Vessel Problems**

<http://www.cdc.gov/diabetes/pubs/tcyd/heart.htm#signs>

A page from Take Charge of Your Diabetes listing symptoms of heart, blood vessel, and circulation problems.

### Posters

#### 1. **Working Together to Manage Diabetes**

<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=110>

This interdisciplinary color poster can be used by health professionals in exam or waiting rooms to help educate patients on controlling "the ABCs of Diabetes", and specific actions patients can take in collaboration with their eye, foot, dental professionals and pharmacists to control diabetes. In printer-friendly format.

### Fact Sheets and Brochures

#### 1. **Diagnosed with Type 2 Diabetes; Now What?**

<http://www.diabetesatwork.org/files/factsheets/nowhat.pdf>

A 3-page fact sheet about the basics of diabetes self-care, for those who are newly diagnosed. In printer-friendly format.

#### 2. **Diabetes in Older People - A Disease You Can Manage**

<http://www.nia.nih.gov/health/publication/diabetes-older-people-disease-you-can-manage>

La diabetes en las personas mayores: una enfermedad que usted puede controlar



3. <http://www.nia.nih.gov/espanol/publicaciones/la-diabetes-en-las-personas-mayores>
4. A 10-page, large-print brochure talking about the basics of diabetes in older people. Available in printer-friendly format.
5. **Diabetes Myths**  
[http://www.diabetesatwork.org/files/factsheets/II\\_A\\_01\\_FS.PDF](http://www.diabetesatwork.org/files/factsheets/II_A_01_FS.PDF)  
A 2-page fact sheet listing common myths about diabetes, and the correct information disproving them. In printer-friendly format.
6. **Take Care of Your Feet for a Lifetime**  
<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=67>  
*En Español: Cuide sus pies durante toda su vida*  
[http://www.ndep.nih.gov/diabetes/pubs/Feet\\_broch\\_Eng.pdf](http://www.ndep.nih.gov/diabetes/pubs/Feet_broch_Eng.pdf)  
A 16-page, large-print, illustrated booklet explaining the importance of foot care for people with diabetes, a daily foot check routine, and advice for safe foot care. In printer-friendly format.
7. **Si Tiene Diabetes, Cuide Su Corazón (If You Have Diabetes, Take Care of Your Heart)**  
<http://www.ndep.nih.gov/publications/PublicationDetail.aspx?PubId=115>  
This 8-page, large-print, bilingual (Spanish and English), illustrated brochure explains the link between diabetes and heart disease, and encourages patients to take steps to control their blood sugar, blood pressure, and cholesterol. In printer-friendly format.
8. **What I Need to Know About Eating and Diabetes**  
[http://diabetes.niddk.nih.gov/dm/pubs/eating\\_ez/index.htm](http://diabetes.niddk.nih.gov/dm/pubs/eating_ez/index.htm)  
*En Español: Lo que debo saber sobre alimentación y la diabetes*  
[http://diabetes.niddk.nih.gov/spanish/pubs/eating\\_ez/index.htm](http://diabetes.niddk.nih.gov/spanish/pubs/eating_ez/index.htm)  
This 49-page illustrated brochure gives a rundown on the dietary components of different foods, meal planning, and how food affects blood glucose. Includes a [printable meal plan chart](#) to fill out. Available in printer-friendly format.
9. **Lifestyle Changes for Living with Diabetes**  
<http://www.healthinaging.org/aging-and-health-a-to-z/topic:diabetes/info:lifestyle-and-management/>  
This 8-panel brochure explains dietary, exercise, and other health-related changes older people can make to prevent or control diabetes. Available in printer-friendly format.

## Sources of More Diabetes Education Materials

1. **Diabetes Frequently Asked Questions**  
<http://www.cdc.gov/diabetes/faq/index.htm>  
Information on diabetes prevention and management, including exercise, routine health care and self-care, diabetes complications, high-risk groups, and financial coverage of services.
2. **Diabetes & Me**  
<http://www.cdc.gov/diabetes/consumer/index.htm>  
Links to additional resources about diabetes and its effects, physical activity, healthy eating, and diabetes prevention.
3. **National Diabetes Education Program**  
<http://www.ndep.nih.gov>  
A partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations.



#### 4. **National Diabetes Information Clearinghouse**

<http://diabetes.niddk.nih.gov>

A service of the National Institute of Health's National Institute of Diabetes and Digestive and Kidney Diseases

#### 5. **Diabetesatwork.org**

<http://www.diabetesatwork.org/diabetesatwork/index.cfm>

A partner with the National Institute of Health's National Diabetes Education Program, addressing diabetes in the workplace.