

RESOURCES

FOR PEOPLE WITH DIABETES

DIABETES ORGANIZATIONS

American Diabetes Association
800-232-3472 (membership
information)
800-232-6733 (to order publications)
www.diabetes.org

**American Diabetes Association
Tucson Chapter**

333 W. Fort Lowell Rd. #123
520-795-3711

American Dietetic Association
800-366-1655

www.eatright.org

**American Association of Retired
Persons (AARP)**

888-687-2277

www.aarp.org

**National Institute of Diabetes &
Digestive & Kidney Disease**

www.diabetes.niddk.nih.gov/

**American Association of Diabetes
Educators**

(800)338-3633

www.diabeteseducator.org

800-338-3633

Diabetes Educator Access Line: 800-
832-6874

**Juvenile Diabetes Research
Foundation International**

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

Southern Arizona Branch Address:
4560 E. Broadway Blvd., #214, Tucson,
AZ Phone: (520) 327-9900
Fax: (520)327-9906

www.jdrf.org/tucsonwalk

DIABETES EDUCATION

PROGRAMS IN TUCSON*

The following programs are recognized
by the American Diabetes Association

**Carondelet Health Network Diabetes
Care Centers**

(520) 872-6055

<http://www.carondelet.org/education/diabetes.htm>

A series of classes which teach self-
management skills for people with
diabetes. Topics include basic
understanding of diabetes, meal
planning, medications, exercise,
complications, blood sugar monitoring,
goal setting and community resources.

Sites include: St. Mary's Hospital, St.
Joseph's Hospital and Green Valley

St. Mary's Hospital

Phone: (520) 872-6055

Fax (520) 872-6557

St. Joseph's Hospital

Phone: (520) 873-3968

Fax (520) 873-3564

**Tucson Medical Center Diabetes
Education Program** (520) 886-6361

ext. 1829

Northwest Diabetes Lifeskills Center

7492 N. La Cholla Boulevard

Phone: (520) 742-2121

*To find programs outside the Tucson
area, go to:

[http://www.diabetes.org/education/edu
state2.asp](http://www.diabetes.org/education/education2.asp)

FREE COMMUNITY CLASS

Carondelet St. Mary's Hospital

Located at St. Mary's Hospital, 1601 W.

St. Mary's Rd. Room 4820

Call (520) 872-6055 for schedule

Carondelet St. Joseph's Hospital

Call (520) 873-3968 for schedule

HELPFUL READINGS

General Diabetes Information:

American Diabetes Association

Complete Guide to Diabetes

To order: 800-232-6733

Online: <http://store.diabetes.org>

Diabetes A-Z; What You Need to Know

About Diabetes- Simply Put

American Diabetes Association

To order: 800-232-6733

Online: <http://store.diabetes.org>

Diabetes Forecast Magazine

800-232-6733

www.diabetes.org

NUTRITION & MEAL

PLANNING

The Diabetes Food and Nutrition Bible

Hope Warshaw, MMSc, RD, CDE & Robyn Webb, MS

A complete guide to planning, shopping, cooking and eating

Month of Meals

American Diabetes Association

To order: 800-232-6733

Online: <http://store.diabetes.org>

28 days of breakfasts, lunches and dinners that are interchangeable.

Includes carb and calorie counts

Guide to Healthy Restaurant Eating

Hope Warshaw, MMSc, RD, CDE

To order: 800-232-6733

Online: <http://store.diabetes.org>

Over 5,000 menu items for more than 60 restaurants

The Calorie King Calorie, Fat and Carbohydrate Counter

Allan Borushek

www.CalorieKing.com (or 1-949-642-8500) (ISBN 1-930448-13-9)

Diabetes Meals in 30 Minutes – or Less!

Robyn Webb, MS

To order: 800-232-6733

Online: <http://store.diabetes.org>

ISBN: 0-945448-60-0

Complete Guide to Carb Counting

Hope S. Warshaw, MMSc, RD, CDE and Karmeen Kulkarni, MS, RD, CDE

To order: 800-232-6733

Online: <http://store.diabetes.org>

ISBN: 1-58040-203-8

WEIGHT LOSS

The Commonsense Guide to Weight Loss for People with Diabetes

Barbara Caleen Hansen, PhD, Shauna S. Robers, PhD

To order: 800-232-6733

Online: <http://store.diabetes.org>

Help! My Underwear is Shrinking!

JoAnn Hattner, MPH, RD; Ann Coulston, MS, RD; E. Michael Goodkind, BA

ISBN: 1-58040-179-1

EXERCISE

Check with your health insurance company to see if any benefits are offered for local fitness facilities or programs.

American Council on Exercise

800-825-3636

www.acefitness.org

A reliable source for exercise and health information

Tucson Parks & Recreation

Class registration: (520) 791-4877

YMCA of Tucson

www.tucsonymca.org

Cardiopulmonary Rehabilitation,

Cardondelet St. Joseph's Hospital

520-873-3910

A medically supervised exercise program for people with diabetes and / or heart disease

The "I Hate to Exercise" Book for People with Diabetes

Charlotte Hayes, MMSc, MS, RD, CDE

To order: 800-232-6733

Online: <http://store.diabetes.org>

ISBN: 1-58040-044-2

Small Steps, Big Rewards; Walking Your Way to Better Health

Small Steps Press

A complete walking kit, with exercise book, pedometer and workbook

To order: 800-232-6733

Online: <http://store.diabetes.org>

MEDICATIONS

101 Medication Tips for People with Diabetes

Mary Anne Koda-Kimble, PharmD, CDE, B. Carlilse, PharmD, L. Kroon, Pharm D

To order: 800-232-6733

Online: <http://store.diabetes.org>

Your physician and pharmacist are good sources of information about your diabetes medications.

COPING AND WELLNESS

Diabetes Support Group

Information and support for people with diabetes, their families, and friends. For information on meeting times, call American Diabetes Association (520) 795-3711

101 Tips for Coping with Diabetes

Richard Rubin, PhD, CDE; Gary Arsham, MD, PhD; Catherine Feste, BA; David Marrero, PhD; and Stefan Rubin

To order: 800-232-6733

Online: <http://store.diabetes.org>

ISBN: 1-58040-143-0

365 Daily Meditations for People with Diabetes

Catherine Feste, BA

ISBN: 1-58040-145-7

Mastering Your Diabetes- Before Diabetes Masters You

Janette Kirkham, RN, CDE, EMT

To order: 800-232-6733

Online: <http://store.diabetes.org>

ISBN: 1-58040-157-0

Other Helpful Resources

Joslin Diabetes Center

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

Everything you ever wanted to know about diabetes self-care, research, cutting edge technologies

Information & Referral:

Need to find help for yourself or someone you know?

24 hour Hotline: (520) 881-1794 or 1(800) 362-3474

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

Diabetes Monitor:

A website and newsletter. Lots of helpful information, but lots of advertising

<http://www.diabetesmonitor.com>