

RECOMMENDED READING LIST FOR DIABETICS



BOOKS FOR CHILDREN

Ages: Pre-school to 9 years

Eddie's Tale: A Child's First Introduction to Type 1 Diabetes

By Sue Kowalski

Ages: 2-6

Even Little Kids Get Diabetes

By Connie White Pirner; Illustrated by Nadine Bernard Westcott

Ages: 3-10

Rufus Comes Home;

Rufus, The Bear with Diabetes

By Kim Gosselin

Ages 4-10

The Best Year of My Life

Book 1: Getting Diabetes

By Jed Block

Matthew Takes His Shot

By Owen Coleman; Illustrated by Judy Bullock

Even Superheroes Get Diabetes

By Sue Ganz-Schmitt

I Have Diabetes

By Althea

Ages 6-11

Taking Diabetes to School

By Kim K. Gosselin

Ages: 8-13

Sugar Was My Best Food:

Diabetes and Me

By Carol Antoinette Peacock, Adair Gregory, and Kyle Carney Gregory

Ages: 8-17

487 Really Cool Tips for Children with Diabetes

By Bo Loy and Spike Loy

Ages: 8-17 (continued)

Getting a Grip on Diabetes

By Bo Loy and Spike Loy

The Fight to Survive

By Caroline Cox

Ages: 9-12

Why Me? Why Did I Have To Get Diabetes?

By Robert Messenger and Laura Messenger

Diabetes

By Elaine Landau

My Sister Rose Has Diabetes

By Monica Driscoll BeattyYoung

Ages: 9-14

Sugar Isn't Everything

By Willo Davis Roberts

Ages: 9-Adult

The Sugarless Plum

By Zippora Karz

Ages: 12-18

In Control: A Guide for Teens with Diabetes

By Jean Betschart and Susan Thom

Young Adult

Diabetes

By Elizabeth Ferber

Diabetic Athlete's Handbook, Your Guide To Peak Performance

By Sheri Colberg

Breakthrough: Elizabeth Hughes, the Discovery of Insulin, and the Making of a Medical Miracle

By Thea Cooper and Arthur Ainsberg

BOOKS FOR ADULTS

My Life As A Pancreas, Reflections on Raising A Child With Diabetes; by Priscilla Call Essert,

website address: www.mylifeasapancreas.com, 2006. Copies can be purchased through Lulu.com or Amazon.com.

American Diabetes Association Guide to Raising a Child With Diabetes, 2nd Ed.; Linda Siminerio; American Diabetes Association, 2000

The American Diabetes Association Guide to Healthy Restaurant Eating; by Hope S. Warshaw; American Diabetes Association, 1998

Diabetes Care for Babies, Toddlers, and Preschoolers: A Reassuring Guide; by Jean Betschart; 1999

Diabetes Mellitus: A Practical Handbook, 7th Ed.; Sue Milchovich; 1999

Living With Juvenile Diabetes: A Family Guide; Victoria Peurring, 2001

Growing Up With Diabetes: What Children Want Their Parents to Know; by Alicia McAuliffe; 1998

Parenting a Child With Diabetes: A Practical, Empathetic Guide to Help You and Your Child Live With Diabetes; by Gloria Loring; 1999

Sweet Kids: How to Balance Diabetes Control and Good Nutrition with Family Peace; by Betty Page Brackenridge; American Diabetes Association, 1996

The Ten Keys to Helping Your Child Grow Up With Diabetes: A Practical Guide for Parents & Caregivers; by Tim Wysocki; American Diabetes Association, 1997

Type 2 Diabetes in Teens; by Betschart-Roe; 2002

Understanding Insulin Dependent Diabetes; by H. Peter Chase, Guild for Children's Diabetes at Denver, 2000 (to order call 800-695-2873)

When a Child Has Diabetes; by Denis Daneman; 1999



CHILDREN'S HOSPITAL
& RESEARCH CENTER OAKLAND

ENDOCRINOLOGY/DIABETES CENTER

747 52nd St., Oakland, CA 94609

510-428-3654

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