



RESOURCES TO CONTINUE YOUR DIABETES EDUCATION

Meeting with a certified diabetes educator and a dietitian is an excellent way to gain quality knowledge about diabetes and diabetes care. Since diabetes is a progressive disease, meaning it changes with time, we need to take steps to stay up to date with changes in our diabetes control and care. You can do that by meeting with your diabetes educator and your dietitian every six months to a year, but we also want you to take steps to broaden your knowledge on your own as well. The Altru Health System Diabetes Center has put together a resource list of various organizations, support groups, web sites, and magazines that can help you learn more about diabetes from others, help you set up an exercise program that works for you and your schedule, or may give you ideas on how to increase variety in your diet while keeping your diabetes under control.

Choose one or more of the following resources to broaden your diabetes knowledge, improve your health, or to support your efforts in caring for diabetes.

Web Sites:

www.behavioraldiabetes.com

www.diabetesdaily.com

www.diabetes.org The American Diabetes Association

www.foodfit.org Resource for recipes that include nutritional information

www.changingdiabetes-us.com Diabetes information, menu planning and recipes

www.journeyforcontrol@merck.com Diabetes information. Great exercise chart!

www.sparkpeople.com Site for weight loss support.

www.sparkrecipes.com Meal ideas, ability to analyze recipes.

www.DiabetesCare.net Has a nutrition, exercise, and blood glucose tracker.

www.altru.kramesonline.org Has information on exercise, healthy eating, monitoring, medications, diagnosis, and symptoms.

www.ChooseMyPlate.gov General information regarding nutrition and sponsored by the USDA.

www.diabeteshelpteam.com Resource for diabetes information. Very extensive and motivating.

Type 1:

www.T1everydaymagic.com

www.spoonful.com/type1

Pump Patients:

www.accu-chekinsulinpumps.com

www.tandemdiabetes.com (age 16 and older) unless approved by physician

www.medtronicdiabetes.com

www.myomnipod.com

www.animascorp.com

Sensors:

www.medtronicdiabetes.com

www.dexcom.com

Magazines:

Diabetes Forecast Become a member of the American Diabetes Association and receive this publication each month. Call 800.806.7801 for more information.

Diabetic Living 40 or more recipes in each issue, fitness tips, and health news. Diabetic Living Magazine, PO Box 37175, Boone, IA 50038.

Diabetic Cooking Recipes and articles regarding diabetes. Call 800.777.5582.

Exercise:

Anytime Fitness | 1010 Central Ave NE East Grand Forks | 218.773.2882
Altru Health and Fitness Center | 1300 S Columbia Road, Grand Forks | 701.780.2516
Achieve Therapy | 1425 S Columbia Road, Grand Forks | 701.746.8374
Choice Wellness | 4401 S 11th St Grand Forks | 701.746.2790
Snap Fitness | 2750 Gateway Dr Grand Forks | 701.746.9884
4571 S Washington St Grand Forks | 701.757.7627
Alerus Center | 1200 42nd St S Grand Forks | 701.792.1200
Columbia Mall | 2800 S Columbia Road Grand Forks | 701.746.7383
Grand Cities Mall | 1726 S Washington St Grand Forks | 701.772.-8121
Planet Fitness | 715 S Washington Grand Forks | 701.775.8820
YMCA Family Center | 215 N 7th St Grand Forks | 701.775.2586
Thompson, ND School System

Support Group: Altru Health System Diabetes Support Group meets the 2nd Thursday of each month from September – April at Parkwood Place. Call 701-780-1838 for more information or talk to your diabetes educator/dietitian.

Additional Resources:

Classes available. Times scheduled are frequently changing. Please call the Sanny and Jerry Ryan Center for Prevention and Genetics for more information about classes at 701-732-7620.

Diabetes App Reviews:

Gomeals: Tracks grams of carbs, protein and fat per meal as well as overall daily intake. Also provides sections to track glucose and activity. Great reference for carb counting at home or when dining out.

Myfitnesspal: Tracks overall intake including carbs, calories, and protein. Also tracks exercise and calories burned.

Free ones for Androids:

- » Glucose Buddy logs and graphs blood sugars, weight and blood pressures.
- » OnTrackDiabetes tracks blood glucose, food, medication, blood pressure, heart rate, exercise and weight.
- » Diabetes tracks and analyzes key diabetes data like blood glucose levels, description, tags (which you can edit), view interactive graphs or send them directly to your healthcare provider.
- » Gomeals.

There are many free apps on iPhones and Androids. If you search key words such as diabetes, carb counting, or nutrition you may find a different app that you prefer.