

Diabetes Books and Resources for Teens

In Control: A Guide for Teens with Diabetes

Jean Betschart and Susan Thom, 2001.

A book for teens on how to deal with diabetes and daily life stresses. Some of the issues covered are food, friends, dating, emotions and how to talk to healthcare providers.

Pumping Insulin—Everything You Need for Success with an Insulin Pump

Ruth Roberts MA, and John Walsh PA, CDE, 2006.

Complete guide for achieving excellent control on an insulin pump.

Calorie King

Allan Boruscek, 2009.

Pocket guide to carb, fat and calorie counting.

Think Like a Pancreas

Scheiner, 2004.

This book focuses specifically on using insulin. It discusses day-to-day blood glucose control and monitoring and the dozens of other issues that everyone taking insulin needs to master.

The Diabetes Game

Nora Coon, 2006.

Seventeen-year-old Nora Coon writes from a teen's viewpoint about Type 1 diabetes. Nora's journey of a teenager with diabetes includes negotiation points with parents, losing focus and being burned out, pump therapy and traveling with diabetes.

Transitions in Care

Howard Wolpert, Barbara Anderson and Jill Weissberg-Benchell, 2009.

A guide for the transition to adulthood for patients with Type 1 diabetes.

Type 1 Teens: A Guide to Managing Your Life with Diabetes

Korey K. Hood, 2010.

Friends, school, parents, driving and dating. Add Type 1 diabetes, and your teenage life feels even more complicated. This book outlines straightforward strategies and tips to manage your diabetes before it manages you.

Visit the Family Resource Center on the 5th Floor of the Train zone at Seattle Children's Hospital to find most of these books and other information about diabetes.

Check out the websites for the American Diabetes Association (ADA) and the Juvenile Diabetes Research Foundation (JDRF) for more resources and information about books.

Diabetes Websites

The following are websites with information and links regarding diabetes:

www.diabetes.org

www.jdrf.org

www.endocrineweb.com

www.childrenwithdiabetes.com

www.goodbloodsugar.com

www.diabetestown.com

www.childrensdiabetesfoundation.org

Disclaimer: The inclusion of any website link, or resource accessed through a link, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.

To Learn More

- Endocrinology 206-987-2640
- Family Resource Center
5th floor, Train zone
206-987-2201
- Your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

Information in these books may not reflect the philosophy or practice of Seattle Children's Hospital. The inclusion of any Web site link (or resource accessed through this link) does not imply endorsement by Seattle Children's Hospital.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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