

*Free diabetes education materials for patients and professionals.*

Patient education materials from the Texas Diabetes Council are available in English and Spanish. Catalog numbers followed by the letter “A” indicate Spanish-language versions. Be sure to request English or Spanish versions through use of the correct catalog number and by writing “Spanish” or “English” after the title of the item ordered.

	<p><b>Taking Charge of Your Health: Controlling Diabetes One Day at a Time</b>  <b>CATALOG #10-21 and 10-21A</b></p> <p>Brochure with information on medications, low blood sugar, heart health, foot care, eye care, family support, and kidney disease. Contains charts for patient goals and food and medicine records. <b>Maximum quantity per order: 100</b></p>		<p><b>Living with Diabetes (a guide)</b>  <b>CATALOG #10-28 and 10-28A</b></p> <p>Assists the patient in keeping track of doctor visits, lab tests/results, and serves as a checklist for their diabetes management plan.  <b>Maximum quantity per order: 100</b></p>
	<p><b>Food for Life-Living Well with Diabetes</b>  <b>CATALOG #10-24 and 10-24A</b></p> <p>20-page booklet for meal planning with patients who have diabetes. Using a modified food guide pyramid, “Food for Life” provides serving sizes for popular items from each food group, food preparation and healthy eating tips, and a food diary. <b>Maximum quantity per order: 100</b></p>		<p><b>You Have the Power: Controlling Diabetes One Day at a Time (Video and DVD)</b>  <b>CATALOG #:</b></p> <p>#BCD DVDE (ENGLISH DVD)          #BCD VIDS (SPANISH VHS)          #BCD DVDS (SPANISH DVD)          #BCD VIDV (VIETNAMESE VHS)          #10-21 DVDV (VIETNAMESE DVD)          #BCD VIDM (MANDARIN VHS)          #10-21 DVDM (MANDARIN DVD)</p> <p>Video containing self-management tips for people who have type 2 diabetes.  <b>Maximum quantity per order : 5 each VHS or DVD</b></p>
	<p><b>Diabetes Card</b>  <b>CATALOG #10-25 and 10-25A</b></p> <p>Simple, wallet-size card containing a medical record for recording dates and results of routine exams and procedures for patients with diabetes. Reverse side contains checklists for patients to follow in managing their diabetes. <b>Maximum quantity per order: 100</b></p>		<p><b>Gestational Diabetes</b>  <b>CATALOG #13-209 and #13-209A</b></p> <p>A booklet to help pregnant women understand this type of diabetes.  <b>Maximum quantity per order: 100</b></p>
	<p><b>Foot Poster</b>  <b>CATALOG #10-26 and 10-26A</b></p> <p>Colorful drawing of feet with the message “If You Have Diabetes, Take Off Your Shoes and Socks.” <b>Maximum quantity per order: 100</b></p>		<p><b>Give Your Child A Healthy Headstart</b>  <b>CATALOG #10-22 and #10-22A</b></p> <p>A brochure for parents to help their children manage their weight, exercise, and develop healthy habits to prevent obesity and type 2 diabetes. <b>Maximum quantity per order: 100</b></p>

Also available: **Getting the Facts About Diabetic Eye Disease**, Catalog #10-41 and #10-41A (Spanish)

To order, visit [www.texasdiabetesCouncil.org](http://www.texasdiabetesCouncil.org), or fill out the form on the reverse side and fax to 512-250-9360.

