

# Diabetes News You Can Use



**August 2021**

*Diabetes News You Can Use* is a free news bulletin of the Texas Department of State Health Services. Compiled by the [Diabetes Prevention and Control Program](#), we highlight information and news related to diabetes.

## **August is National Breastfeeding Month**

- [Breastfeeding and Women with Gestational Diabetes](#)
- [How Breastfeeding Affects Childhood Autoimmunity, Allergies, and Overweight](#)
- [Insulin Resistance in Obese Children and Adolescents in Relation to Breastfeeding Duration](#)

## **September is National Cholesterol Education Month**

- [Improving Statin Treatment to Reduce LDL-Cholesterol for People with and without Type 2 Diabetes](#)
- [Aerobic Training Impacts on Blood Cholesterol of Women with Gestational Diabetes](#)
- [LDL Cholesterol Level as a Risk Factor for Retinopathy and Nephropathy in Young People with Type 1 Diabetes](#)

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## October is National Breast Cancer Awareness Month

- [Body Mass Index and Cancer Risk in Patients with Type 2 Diabetes](#)
- [Improving Lifestyle Behaviors after Breast Cancer Treatment among African American Women with and without Diabetes: Role of Health Care Professionals](#)
- [Chronic Disease Management and Health Outcomes in a Cohort of Black Women with Breast Cancer](#)

## Free Education and Resources

- Online Course: [Innovating Decisions and Empowering Action in Diabetes Management \(IDEA\)](#)
- Webinar: [Diabetes Prevention Strategies: Evidence, Experiences, and Outcomes](#)
- Webinar Recordings and Continuing Education Credits: [Indian Health Service Recorded CME/CE Webinars](#)
- Educational Materials: [Diabetes Prevention and Self-Management Education](#)
- [Diabetes in School and Higher Education Settings](#)
- [State and National Resources](#)
- Recipes: [Recipes for All Occasions](#)

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[dshs.texas.gov](https://dshs.texas.gov)

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## Could You Have Prediabetes?

- [Take the Prediabetes Risk Test](#)
- [Find a Diabetes Prevention Program](#)

## Do You Have Diabetes? Find a Diabetes Self-Management Education and Support Program:

- [American Diabetes Association \(ADA\)-Recognized Programs](#)
- [Association of Diabetes Care and Education Specialists \(ADCES\)-Accredited Programs](#)

The articles and hyperlinks to external websites appearing in *Diabetes News You Can Use* are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services. Other websites may not be accessible to people with disabilities. For more information about any of the items listed, please contact the sponsoring organization directly.

Go to [dshs.texas.gov/txdiabetes](https://dshs.texas.gov/txdiabetes) to sign up to receive this bulletin in your email mailbox. You also will receive periodic messages related to public meetings and activities of the DSHS Diabetes Prevention and Control Program.

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