1. Familiarize yourself with other names for diabetes.
2. Learn the basics about diabetes, and find resources from trusted organizations here.
3. Learn about a low carbohydrate diet and lifestyle tips to improve your blood sugar and prevent diabetes-related complications.
4. Connect to the National Institute of Health (NIH) Senior Health’s video “Know your Diabetes ABCs” found here.
5. Keep current about diabetes with the latest research and journal articles.
6. Learn about different diabetes-related terms from the American Diabetes Association (ADA).
7. Find links to organizations with an expertise in diabetes, including the ADA, National Diabetes Education Program, and National Institute of Diabetes and Digestive and Kidney Disease.
8. Find resources specific to women and seniors, including the Department of Health and Human Services (DHHS) Office on Women’s Health, and the National Institute on Aging websites.
9. Connect to a variety of diabetes resources found in the MedlinePlus Medical Encyclopedia. Topics include: using insulin; lab tests; exercise; and caring for diabetes while you are sick.

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