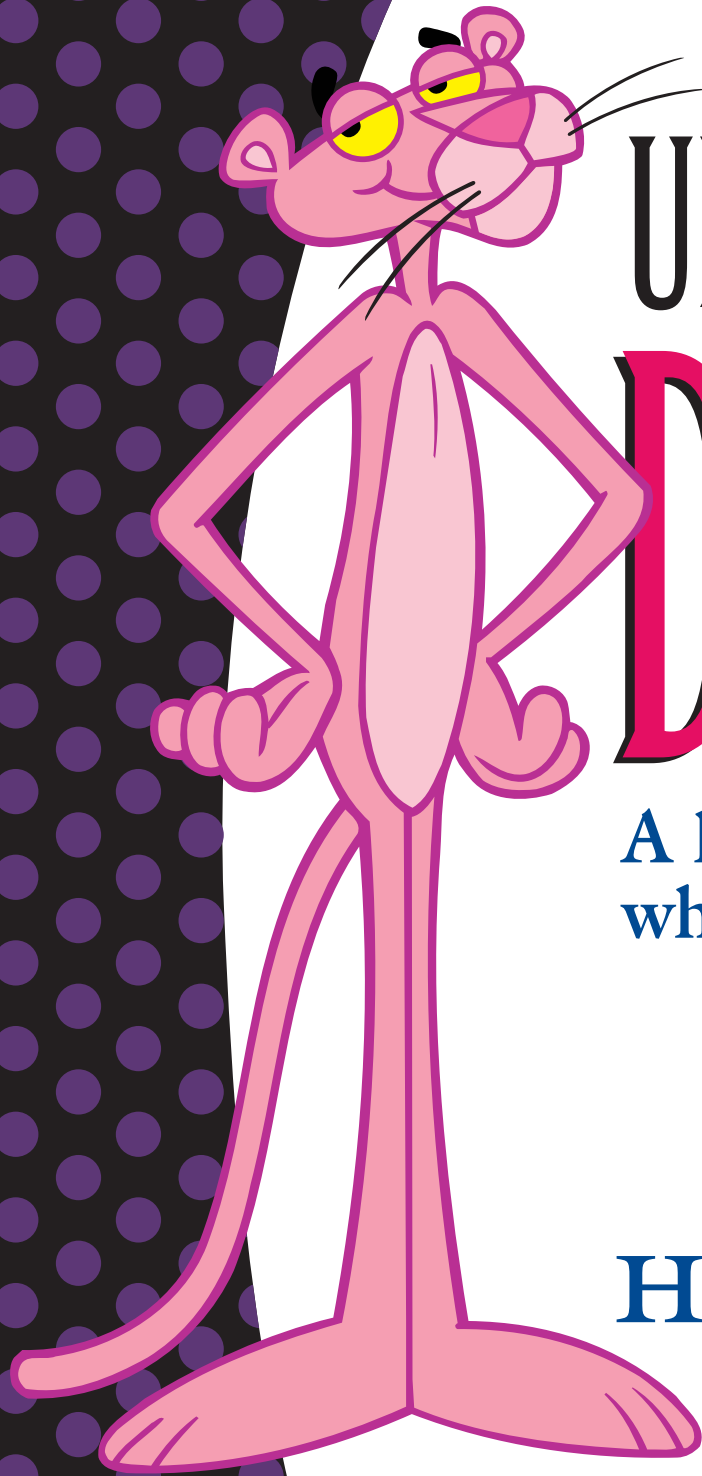


11th Edition



UNDERSTANDING DIABETES

A handbook for people
who are living with diabetes

H. Peter Chase, MD

BARBARA DAVIS CENTER FOR CHILDHOOD DIABETES
PROFESSOR OF PEDIATRICS
UNIVERSITY OF COLORADO AT DENVER
AND HEALTH SCIENCES CENTER



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CHILDREN'S DIABETES FOUNDATION
AT DENVER

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This edition is dedicated to the many hard workers of the DirecNet (Diabetes Research in Children) Study Group. They have contributed immensely to the care of children with diabetes and have been a real joy to work with and to know. They are listed in alphabetical order with clinical center name, city, and state. Personnel are listed as (PI) for Principal Investigator, (I) for Co-Investigator, and (C) for Coordinators:

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Please note: Many parts of this book have been written at an eighth grade level and may be too complex for younger children. A shorter book, “*A First Book for Understanding Diabetes*” is also available, the book follows the same outline and may be more appropriate for them. A parent working with a child in reading and understanding parts of this book may also be helpful.

Also, Peter Chase’s bio and disclosure information is at the back of this book.

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Topics for the Recommended ADA Curriculum

with Their Related Chapters

TOPIC	CHAPTER LOCATION
Diabetes disease process	1-4
Goal setting and problem solving	10, 13, 14 and 18-20
Medications	4, 8, 9, 21 and 26
Monitoring	1, 4, 5, 7, 14, 20-24 and 27
Nutritional management	4, 11 and 12
Physical activity	4, 13 and 25
Preconception care, management during pregnancy and gestational management	19, 22 and 27
Prevent, detect and treat acute complications	4-6, 15, 16, 23, 24 and 27
Prevent, detect and treat chronic complications	4, 14, 22 and 26-28
Psychosocial adjustment	10, 17-19, 23-25, 27 and 28

TEACHING OBJECTIVES:

These are provided with each chapter to assist the person(s) doing the teaching.

LEARNING OBJECTIVES:

These are provided with each chapter to help the learners (parents, child, relatives or self) know the important points.

