

# Diabetes Information

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## Consumer health sources @ your library

### > Books you can check out from the library

**Diabetes: The Science Inside.**  
American Association for the Advancement of  
Science. 2003.  
R 616.462 DIABE

**American Diabetes Association: Complete  
Guide to Diabetes.** 2002.  
616.462 A512d 2002

**Cocinando para Latino con Diabetes.**  
Olga Fusté. 2002.  
SPA 641.56314 F995c

**New Hope for People with Diabetes.**  
Porter Shimer. 2001.  
616.462 S556n

**Nuevo Libro Completo de la Diabetes.**  
Victor Gaitán. 1998.  
SPA 616.462 G144n

### > Reference books to use at the library

**Informacion de Salud para los Consumidores.**  
Alan Rees, ed. 1998.  
R/SPA 610 I43d (at Central Library)

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## **Mayo Clinic Family Health Book.**

Scott Litin, ed. 2003.

R 613 MAYO (at Central Library, Aurora Hills,  
Columbia Pike, Westover libraries)

## **> Online resources**

### **MedlinePLUS.gov - The Best Place to Start on the Internet**

<http://www.nlm.nih.gov/medlineplus/diabetes.html>

Health topics cover diabetes and more than 600 other diseases and conditions. A service of the U.S. National Library of Medicine and the National Institutes of Health. MedlinePlus also offers medical information for specific ethnic populations. These two sites include links to information in other languages:

- **MedlinePlus: Asian American Health**

<http://www.nlm.nih.gov/medlineplus/asianamericanhealth.html>

- **MedlinePlus: Hispanic American Health**

<http://www.nlm.nih.gov/medlineplus/hispanicamericahealth.html>

### **Health & Wellness Resource Center**

This database contains current articles (please evaluate the source), a health encyclopedia, and easy-to-understand information on medications. Access the database from the library's website: Under eSources, click Databases, and you'll find Health & Wellness in the alphabetic list. You will need to enter your library-card number. Apply for a card online @ [www.co.arlington.va.us/lib/](http://www.co.arlington.va.us/lib/)

*Funding for the Healthy People Library Project is from a grant from the National Institutes of Health, National Center for Research Resources, through the American Association for the Advancement of Science to the Arlington County Public Library.*

Internet access for the public is free and available at all Arlington County public libraries.

### **Arlington County Public Library**

[www.co.arlington.va.us/lib/](http://www.co.arlington.va.us/lib/)

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