



## Diabetes

Diabetes is a condition that affects the body's ability to produce or process insulin. Below is a list of resources to help families understand type 1 & 2 diabetes and the care involved with both conditions.

Check out these resources! Use your phone to scan the QR codes to open the links!

### Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f2c44d558a67d0012043060>



### FCRC Information Prescription

Check out all these diabetes resources and more on our website.

<http://fcrc.ahs.ca/rx/diabetes/>



### MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services this site has a great overview of diabetes. Search for "Diabetes in children" or "Type 1 Diabetes."

<https://myhealth.alberta.ca/>



### Alberta Children's Hospital Diabetes Clinic

The University of Calgary and the Alberta Children's Hospital, Diabetes Clinic collaborated to create this resource page. Information about managing diabetes, scholarships, studies, and more is available.

<https://cumming.ucalgary.ca/research/achdiabetes/achdiabetes>



### Diabetes Canada

Diabetes Canada has created resources for type 1 and 2 diabetes. It contains information for parents on a variety of topics; from healthy living to going back to school.

<https://www.diabetes.ca/about-diabetes/kids,-teens---diabetes>



### BC Children's Hospital

A comprehensive collection of information sheets and resources for type 1 diabetes is available from BC Children's Hospital.

<http://www.bcchildrens.ca/health-info/coping-support/diabetes>



## About Kids Health

SickKids Hospital in Toronto, Ontario has created a Diabetes Learning Hub. This resource teaches families how to manage diabetes on a daily basis.

<https://www.aboutkidshealth.ca/diabetes>



## KidsHealth

Nemours created a diabetes center which has information for parents, kids, and teens. Search for diabetes to find the easy to read articles.

<https://kidshealth.org/>



## JDRF

JDRF is a Canadian organization dedicated to helping find a cure to type 1 diabetes as well as helping those currently diagnosed with type 1 diabetes.

<https://www.jdrf.ca/>



## Waltzing the Dragon

This website was created to educate, equip and encourage families dealing with type 1 diabetes. It provides information about the physical and emotional aspects of managing type 1 diabetes and tips written by parents.

<https://waltzingthedragon.ca/>



## Diabetes Hope Foundation

Diabetes Hope Foundation hosts programs that reward, empower and provide peer education and support for youth in transition to enable them to live successfully with diabetes.

<https://diabeteshopefoundation.com/>



## International Diabetes Federation (IDF)- Kids Diabetes Information Pack

This education packet created by IDF helps parents, teachers, and school aged children understand and manage diabetes.

<https://kids.idf.org/resource/>



*Need more information?*

**Contact the Family Librarian**

☎ 403-955-7745 ✉ [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca) 🌐 <http://fcrc.albertahealthservices.ca/>

**Family & Community Resource Centre**

2<sup>nd</sup> Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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