books about diabetes available on bard

The following books can be downloaded from the NLS BARD (Braille and Audio Reading Download) website by those authorized to use the NLS program. All of these books have been placed on a thumb drive for eligible users at this seminar. Separate thumd drives are available for English and Spanish speakers.

This is not a complete list of available books. BARD can be searched for available books. Debbie Brown will email a more complete list to anyone who requests it.

information and advice

american diabetes association complete guide to diabetes

DB 61586

American Diabetes Association.

Reading time: 17 hours, 57 minutes.

Read by Gregory Gorton.

Health and Medicine

Revised edition of comprehensive guide to managing type 1 and type 2 diabetes. Contains updated information on monitoring blood glucose levels, using diabetic tools, navigating health care systems, planning meals, and handling emergencies. Covers advances in medications and self-care techniques. Also discusses family and work issues. Includes resources. 2005.

diabetes 911: how to handle everyday emergencies

DB 69503

Fox, Larry A; Weber, Sandra L; American Diabetes Association.

Reading time: 3 hours, 16 minutes.

Read by Carol Dines.

Health and Medicine

Endocrinologists describe methods for handling the complications of diabetes. They detail actions to take for hypoglycemia, diabetic ketoacidosis, insulin pump problems, natural disasters, travel, and other situations. They suggest ways to prepare for and prevent emergencies and deal with illnesses in general, including those involving children. 2009.

Diabetes A to Z: what you need to know about diabetes--simply put.

DB 57648

American Diabetes Association.

Reading time: 5 hours, 29 minutes.

Read by Jake Williams.

Health and Medicine

Revised and updated edition explains diabetes -related issues in clear, simple terms. Topics for coping with the illness are arranged alphabetically and cover diet and exercise, blood glucose monitoring, possible complications, health care, employment rights, and more. 2003.

the african-american guide to living well with diabetes

DB 72230

Brown-Riggs, Constance; Jeffries, Tamara.

Reading time: 12 hours, 13 minutes.

Read by Kerry Dukin.

Health and Medicine

African American dietician and spokesperson for the American Dietetic Association discusses the basics of diabetes management, including nutrition, exercise, and medication. Focuses on spirituality and scripture to assist with necessary lifestyle changes. Includes healthy Caribbean and soul food recipes. 2010.

autobiographies and life stories

A life of control: stories of living with diabetes

DB 73483

Graber, Alan L, (Alan Lee); Wolff, Kathleen; Brown, Anne W.

Reading time: 7 hours, 11 minutes.

Read by Theresa Conkin.

Health and Medicine

Endocrinologist interviews dozens of patients with diabetes about their challenges, coping mechanisms, successes, and failures. Joins with two nurse practitioners to discuss the patient's role in self-management, the disease's impact on the family, and the effect of one's environment on health. Also addresses the doctor/patient relationship. 2010.

growing up again: life, loves, and oh yeah, diabetes

DB 68927

Moore, Mary Tyler.

Reading time: 6 hours, 29 minutes.

Read by Kerry Dukin.

Disability

The former sitcom actress recounts her experiences with juvenile diabetes, which was diagnosed during a miscarriage. Now the chairman of the Juvenile Diabetes Research Foundation, Moore acknowledges that her past lack of attention to glucose control resulted in vision and foot problems. Includes facts about diabetes and resources. 2009.

My beloved world

DB 76059

Sotomayor, Sonia.

Reading time: 12 hours, 32 minutes.

Read by Gabriella Cavallero.

Biography

Legal Issues

Bestsellers

Memoir of United States Supreme Court justice Sonia Sotomayor (born 1954). Recalls growing up with her Puerto Rican family in the Bronx and being diagnosed with juvenile diabetes. Discusses her family life, education at Princeton and Yale, and becoming a district court judge in 1992. Bestseller. 2013.

cookbooks

Betty Crocker's diabetes cookbook: everyday meals, easy as 1-2-3.

DB 59730

Crocker, Betty.

Reading time: 9 hours, 26 minutes.

Read by Kerry Cundiff.

Health and Medicine

Diet and Nutrition

Cooking

One hundred forty recipes from Betty Crocker and the International Diabetes Center, with medical and nutritional information from an endocrinologist and two registered dieticians. Includes recipes for meals and snack time and a week of suggested menus. 2003.

charting a course to wellnesswh creative ways of living with heart disease and diabetes

Kerr, Graham; Kerr, Treena.

Reading time: 20 hours, 36 minutes.

Read by Kerry Dukin.

Inspirational

Diet and Nutrition

Cooking

Celebrity chef Graham Kerr and his wife, Treena, share their journey of life, love, and healthy eating since Treena's battle with heart disease, stroke, and diabetes. Includes more than four hundred recipes that contain fewer fats and carbohydrates and that list nutritional information and ADA exchanges. 2004.

diabetic cooking from around the world

DB 30204

Chantiles, Vilma Liacouras.

Reading time: 10 hours, 9 minutes.

Read by Sara Morsey.

Health and Medicine

Diet and Nutrition

Cooking

A cookbook to add sparkle to the blandness of a restricted diet. While not an introduction to diabetic nutrition, the book does incorporate the American Diabetes Association's exchange lists. Each recipe includes the estimated number of calories and nutrients per serving.

Patti LaBelle's lite cuisine: over 100 dishes with to-die-for taste made with to-live-for recipes

DB 56714

LaBelle, Patti; Lancaster, Laura Randolph.

Reading time: 6 hours, 36 minutes.

Read by Gail Nelson.

Health and Medicine

Cooking

Patti LaBelle, a diabetic and Grammy Award-winning singer, offers sensible versions of popular dishes that can help fight heart disease, hypertension, obesity, and other health problems. Each recipe includes nutritional information, carbohydrate choices, and diabetic exchanges approved by the American Diabetes Association. 2003.

The big book of diabetic desserts: decadent and delicious recipes perfect for people with diabetes

DB 68533

Mills, Jackie.

Reading time: 7 hours, 55 minutes.

Read by Kerry Dukin.

Cooking

Dietitian offers suggestions for using the right types and amounts of sugar and fat to create a variety of satisfying desserts that stay within the carbohydrate and calorie targets of those living with diabetes. Includes recipes for cakes, cookies, pies, puddings, fruit dishes, frozen treats, and other sweet-tooth delicacies. 2007.

the family style soul food diabetes cookbook

DB 67323

Weaver, Roniece.

Reading time: 7 hours, 25 minutes.

Read by Kerry Dukin.

Diet and Nutrition

Cooking

Guide to adapting soul food--cuisine originated by slaves in the South--for diabetics. Explains ways to improve the nutritional content of popular African American dishes and create heart-healthy substitutions. Provides recipes for favorites such as grits, crawfish etoufee, and bread pudding. Offers shopping tips and ideas for church-group meals. 2006.