

Diabetes Books and Websites for Teens and Young Adults

Books

Type 1 Teens: A Guide to Managing Your Life with Diabetes

Korey K. Hood, 2010.

Friends, school, parents, driving and dating. Add Type 1 diabetes and your teenage life feels even more complicated. This book outlines straightforward strategies and tips to manage your diabetes.

In Control: A Guide for Teens with Diabetes

Jean Betschart and Susan Thom, 2001.

A book for teens on how to deal with diabetes and daily life stresses. Some of the issues covered are food, friends, dating, emotions and how to talk to healthcare providers.

Pumping Insulin—Everything You Need for Success with an Insulin Pump

Ruth Roberts MA, and John Walsh PA, CDE, 2006.

Complete guide for achieving excellent control on an insulin pump.

Think Like a Pancreas

Gary Scheiner, 2004.

This book focuses specifically on using insulin. It discusses day-to-day blood glucose control and monitoring and the dozens of other issues that everyone taking insulin needs to master.

The Diabetes Game

Nora Coon, 2006.

Seventeen-year-old Nora Coon writes from a teen's viewpoint about Type 1 diabetes. Nora's journey of a teenager with diabetes includes negotiation points with parents, losing focus and being burned out, pump therapy and traveling with diabetes.

Transitions in Care

Howard Wolpert, Barbara Anderson and Jill Weissberg-Benchell, 2009.

A guide for the transition to adulthood for patients with Type 1 diabetes.

Diabetes Burnout: What to Do When You Just Can't Take it Anymore

William Polonsky, 1999.

Strategies and tools for overcoming the frustration and discouragement that can come with living with diabetes.

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To Learn More

- Endocrinology
206-987-2640
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's
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Diabetes websites

diabetes.org

Official website of the American Diabetes Association (ADA).

jdrf.org

Official website of the Juvenile Diabetes Research Foundation (JDRF). You can link to local chapters for information about upcoming events and opportunities to get involved with fundraising.

connect1d.org

Local organization that provides programs and resources to connect people with Type 1 to one another. Look for upcoming events for Type 1s of all ages!

beyondtype1.org and beyondtype2.org (English and Español)

Non-profit organization focused on education, support and resources for people with Type 1 or Type 2 globally. Lots of great articles, stories and current news in a fun format!

collegediabetesnetwork.org

Non-profit organization focused on resources and support for college students with Type 1. Learn about scholarships for Type 1s, prepare for life at college, and find out if there is a student chapter at the school of your choice.

diabetesstrong.com

Information about exercise, food, recipes, tech and products to help you, as a young adult live a healthy life with diabetes.

gottransition.org

A program of the National Alliance to Advance Adolescent Health, this website focuses on information and resources to improve medical transition for teens with chronic conditions (not limited to diabetes).

childrenwithdiabetes.com

Read stories of hundreds of other kids and teens with type 1 from around the country and even the world.

seattlechildrens.org

Transitioning to adult healthcare - general information and links to support parents as their child turns 18 and goes to adult healthcare providers.

Disclaimer: The inclusion of any website link, or resource accessed through a link, does not imply endorsement by Seattle Children's. Please seek the advice of your child's healthcare provider before you act or rely upon any information from these resources.