Facts about Diabetes Mellitus

Sandra Simons
Self-Instructional Learning

Diet and the Diabetic
The Upjohn Company
Medical Services
Kalamazoo, MI 49001
(A programmed teaching course designed to provide information regarding diet and its importance in the management of diabetes.)

Learning About Diabetes, A Programmed Course of Instruction
American Diabetes Association
18 East 48th Street
New York, NY 10017
Cost: $2.00
(Contains general information.)

A Guide to Self-Care in Diabetes
The Nebraska Regional Medical Program
530 South 13th Street
Lincoln, NE 68508
Cost: $5.00
(Developed for use by both the diabetic and by the professional for informal, individualized patient instruction.)

Periodicals

Diabetes Forecast (bimonthly)
American Diabetes Association
1 West 48th Street
New York, NY 10020
Cost: $4.00 per year
(For diabetics and their families)

Diabetes News (quarterly)
American Diabetes Association
1 West 48th Street
New York, NY 10020
Cost: $4.00 per year
(For diabetics and their families)

American Association of Diabetes Educators Publication
American Association of Diabetes Educators
3553 W. Peterson Avenue
Chicago, IL 60659
Cost: $10.00 - $20.00 (depending upon type of membership)
(This is an independent organization of nurses, dietitians, social workers and other professional health care workers who are involved in diabetes patient education programs.)

The Diabetic (Quarterly)
Education for Health, Inc.
205 Deerwood Lane
Minneapolis, MN 55427

Pamphlets

The following pamphlets are available from:
Superintendent of Documents
U.S. Government Printing Office
Washington, D.C. 20402

- Taking Care of Diabetes, PHS Publication No. 567
- Diabetes, PHS Publication No. 1733
- Are You Related to a Diabetic? PHS Publication No. 726
- Diabetes Source Book, PHS Publication No. 890
- Six Food Exchange Lists, PHS Publication No. 326
- Answers to Questions That Are Often Asked About Diabetic Diets, PHS Publication No. 1847

Cost: Single copies free.

Diabetes and the School Child
New Jersey State Department of Health
1100 Raymond Boulevard
Newark, NJ 07102
Cost: Unknown

Facts About Diabetes
18 East 48th Street
New York, NY 10017
Cost: Unknown

Diabetes and You
Kentucky Dietetic Association
Box 1857
Louisville, KY 40201
Cost: 1-5 copies, $.50 each; 6 and over, $.40 each.
(Written for diabetic children.)

Meal Planning for Diabetics
General Mills, Inc.
Nutrition Department
4620 West 77th Street
Minneapolis, MN 55435

Meal Planning With Exchange Lists
The American Dietetic Association
620 North Michigan Avenue
Chicago, IL 60611
Cost: $5.00
(Can be adapted to any diabetic diet by indicating the necessary amounts of each food exchange. A physician must approve a diabetic's request for a copy.)

References compiled by Jane Aycoc, former Extension Specialist, Foods and Nutrition Department.

Facts About Diabetes Mellitus

by Sandra Simons, Extension Specialist, Nutrition and Health

Types of Diabetes Mellitus

There are two major types of diabetes mellitus (1) insulin-dependent diabetes and (2) non insulin-dependent diabetes. Each is characterized by abnormally high blood glucose (sugar) levels.

(1) Insulin-dependent diabetes (about 20 percent of diabetes).

This type usually occurs before 20 years of age. The pancreas does not make enough insulin; thus, insulin treatment is required regularly. Insulin-dependent diabetics are frequently overweight.

(2) Non-insulin-dependent diabetes (about 80 percent of diabetics).

This type typically occurs during adulthood. It is often seen in overweight women over 40 years of age. The body (pancreas) makes insulin but it is not used normally. Often blood insulin levels are normal or higher than normal. Insulin treatment is frequently not required for these diabetics if they follow the prescribed diet and exercise program.

Complications of Diabetes Mellitus

It is important for diabetics to control their blood sugar levels because poor control over a long time is associated with loss of vision, kidney disease, neural disorder, and poor blood circulation, especially in arms and legs. Poor healing of infections and wounds, severe feet problems and atherosclerosis occur more frequently when control of blood sugar levels is poor. The diabetic thus needs to do his/her best to keep the diabetic condition under control. Pregnancy requires special care and control.
The Role of Diet in Control of Diabetes

Diet is very important in the control of diabetes. The general principles upon which the diet prescription is based are: (1) avoid excessive simple sugars and fats; (2) eat well-balanced meals evenly spaced throughout the day.

Diet should contain adequate amounts of all the required nutrients and generous amounts of complex carbohydrates and dietary fiber foods such as whole grain breads, fruits, vegetables. The caloric content should be selected to keep the diabetic within the desirable weight range. In non-insulin-dependent diabetics, weight loss, good diet control, and regular exercise often are all that are required to control blood glucose levels.

Other Factors of Control

Regular insulin treatment is almost always required by the insulin-dependent diabetic. It may or may not be required by the non-insulin-dependent diabetic. Insulin treatments must be monitored closely because diet, exercise, illness, emotional stress, weight changes, type of insulin, and many other factors alter the insulin need. Sometimes other drugs may be substituted by the physician for insulin in individuals whose pancreas make some insulin.

Selected References on Diabetes

This list of references is for people following modified diets prescribed by their physicians. There are many other good sources of information.

General Information

Juvenile Diabetes Foundation
113 Essex Avenue
Narbeth, PA 19072
The American Diabetes Association, Inc.
1 East 45th Street
New York, NY 10017
The American Dietetic Association
620 North Michigan Avenue
Chicago, IL 60611

Books

Joslin Diabetes Manual
Leo P. Krall, editor
Lea and Febiger, publisher
Philadelphia, PA 19100

Cookbooks

The American Diabetes Association/The American Dietetic Association Family Cookbook
The American Diabetes Association
18 East 48th Street
New York, NY 10017
Cost: $12.50
The Diabetic Gourmet
Brown, A.
Harper & Row Publishers, Inc.
New York, NY 10022
Cost: Hardcover, $7.95
Paperback, $1.95
(EACH recipe lists the amount of carbohydrates, protein, fat, and exchange value.)
Diabetic Cooking Made Easy
Education for Health, Inc.
205 Deerwood Lane
Minneapolis, MN 55427
Cost: $1.00
Diabetic Cooking Made Easy
Donahue, V.
Diabetic Research Center
8100 Penn Avenue South
Minneapolis, MN 55431
Cost: $3.00
(This cookbook has many clever suggestions for preparation of foods for diabetics. Saccharin can be used in the recipes to replace cyclamates, which are no longer on the market. Exchange values are given.)
Good Housekeeping’s Cookbook for Diabetics
Good Housekeeping Bulletin Service
Box 2217, F.D.R. Station
New York, NY 10022
Cost: $3.50
The Calculating Cook
Jones, J.
101 Productions
384 Mission Street
San Francisco, CA 94103
Cost: $1.95
(A gourmet cookbook for diabetics and weight watchers with sample menus.)

Cookbook for Diabetics
Gaynor Maddox, editor
Taplinger Publishing Co., Inc.
200 Park Avenue South
New York, NY 10003
Cost: $1.95
(Compiled by the Ontario Dietetic Association and the Canadian Diabetic Association. This book has a variety of recipes each of which has its exchange equivalents.)

The Diabetic’s Cookbook
Strachan, C. B.
University of Texas Press
Box 7532, University Station
Austin, TX 78700
Cost: $2.95

Artificial Sweetener Cookbook
*Recipes for using various sugar substitutes may be obtained by writing to the manufacturer designated on the product label.
The Pillsbury New Lo-Calorie Cookbook, 1970
The Pillsbury Company
Post Office Box 60-916
Department 153
Minneapolis, MN 55460

Drug Company Educational Resources

Many drug companies offer excellent publications on diabetes free of charge. They will supply information upon request. The following are samples:

Toward Good Control, a Guidebook for the Diabetic
Care of the Child With Diabetes (for use by parents)
Mr. Hypo Is My Friend
(A cartoon book for the education of preschool diabetics)
Ames Company
Division of Miles Laboratories, Inc.
Elkhart, IN 46514
A Guide for the Diabetic
Lilly Educational Resources Program
Eli Lilly and Company
P. O. Box 100B
Indianapolis, IN 46206
(Booklet on the treatment and control of diabetes.)
Don’t Be Afraid of Diabetes
E. R. Squibb & Sons, Inc.
754 Fifth Avenue
New York, NY 10022
(Booklet on the treatment and control of diabetes.)
How to Live With Diabetes
The Upjohn Company
Medical Services
Kalamazoo, MI 49001
(A 192-page book on the history and control of diabetes and problems and prospects for diabetics.)
Cost: $6.50
Diet and the Diabetic
The Upjohn Company
Medical Services
Kalamazoo, MI 49001
(A programmed teaching course designed to provide information regarding diet and its importance in the management of diabetes.)