DIABETES SELF-MANAGEMENT SUPPORT PLAN
Pavilion for Women

Please check at least one or more of the following support plans:

- Join an online or local support group
  - Diabetic Connect [http://www.diabeticconnect.com/]
  - Diabetes Sisters [https://diabetessisters.org/]
  - Welcome to Type 1 [http://welcometotype1.com/en-us/]
  - College Diabetes Network [https://collegediabetesnetwork.org/]
  - Type 1 Nation [http://typeonenation.org/]
  - Tu Diabetes [http://www.tudiabetes.org/]

- Visit educational websites:
  - American Diabetes Association Community [http://community.diabetes.org/]
  - American Association of Diabetes Educators [http://www.aadenet.org]
  - American Diabetes Association [http://www.diabetes.org/]
  - Juvenile Diabetes Research Foundation International [http://www.jdf.org/]

- Check out Breastfeeding Education
  - Contact your local lactation consultant here at TCH Pavilion for Women
  - Breastfeeding with Love [http://www.breastfeedingwithlove.com]
  - Texas Lactation Consultants [http://www.texaslactationconsultants.com]
  - La Leche League [http://www.lalecheleague.org]

- Subscribe to a diabetes self-management or nutrition focused publication:
  - **Local Resources**
    - American Diabetes Association, Houston [http://americandiabetesassn.wordpress.com]
    - ADA Houston Facebook [https://www.facebook.com/ADAHouston]
  - **Self-Management**
    - Diabetes Self-Management – [www.diabetesselfmanagement.com]
    - Diabetes Forecast – [www.diabetes prognosis.com]
  - **Cooking**
    - Diabetes Digest – [www.diabetesdigest.com]
    - Diabetes Cooking – [http://diabeticcooking.com/]
  - **Books**
    - “The Ultimate Diabetes Meal Planner” by Jaynie F. Higgins, A.C., C.P.T., and David Groetzinger ($20)
    - “Real-Life Guide to Diabetes” Hope S. Warshaw, MMSC, RD, CDE, BC-ADM
    - “Healthy Calendar: Diabetic Cooking” Laura Rondinelli, RD, LDN, CDE
• Download mobile phone applications or get nutrition calculators to assist in healthy eating:
  o Glucose Buddy
  o Calorie King
  o MyFitnessPal
  o Fit Bit
  o Go Meals
• Join a local gym (e.g. YMCA, 24hr Fitness, Lifetime, etc.)
• Join a local weight loss program or support group