Diabetes Home Video Guide
Skills for Self-Care

This video can help if you’ve been diagnosed with diabetes or just want to learn more about how to live successfully with diabetes. Topics included:

What is Diabetes?
Nutrition Guidelines
Exercise and Diabetes
Blood Glucose Monitoring
Medications
Lifestyle Changes
Problem Solving
Managing Emotions
Maintaining Good Health

Available through the Stanford Health Library in the Stanford Shopping Center Branch (725-8400) and San Mateo County Public libraries.