

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.

