

**NHS Greater Glasgow & Clyde
Search for Multilingual Health Information Resources**

Diabetes

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Scope

The diabetes topic was broken into a comprehensive list of sub-topics. The sub-topic was compiled by the Public Education Resource Library, NHS Greater Glasgow & Clyde. The research for this topic was carried out the week beginning 26th February 2007 for one week only.

The sub-topics searched were:

- Diabetes
- Type 1 diabetes
- Type 2 diabetes
- Diabetes and lifestyle
- Diabetes and nutrition
- Diabetes and exercise
- Managing diabetes

Specialist Diabetes Sources

Diabetes Australia

<http://www.diabetesaustralia.com.au/home/index.htm>

Diabetes UK

<http://www.diabetes.org.uk/>

Diabetes Research and Wellness Foundation

<http://www.drwf.org.uk/>

Insulin Dependent Diabetes Trust

<http://www.iddtinternational.org/>

National Diabetes Education Program

<http://ndep.nih.gov/>

Diabetes Multilingual Health Resources Directory

<p>An introduction to diabetes</p> <p>Description Presents information about diabetes.</p> <p>Format DVD</p> <p>Language Somali</p> <p>Cost £20.00</p> <p>Published 2006</p> <p>Contact Health Information East London http://www.hiel.nhs.uk/</p>	<p>Are you at risk?</p> <p>Description Information on risk factors for diabetes.</p> <p>Format leaflet</p> <p>Languages Chinese, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>
<p>Are you at risk for the world's fastest growing disease</p> <p>Description Information regarding preventative aspects of diabetes.</p> <p>Format Fact Sheet, audio, Multimedia and Web Video.</p> <p>Language Arabic, English, Russian, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Healthy Roads Media http://www.healthyroadsmedia.org</p>	<p>Cardiovascular disease and kidney disease</p> <p>Description Information on cardiovascular and kidney diseases for diabetics.</p> <p>Format Leaflet</p> <p>Languages Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>
<p>Control your diabetes: it's worth your time. Part 1: the basics</p> <p>Description Information regarding preventative aspects of diabetes.</p> <p>Format Fact Sheet, audio, Multimedia and Web Video.</p> <p>Language English, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Healthy Roads Media http://www.healthyroadsmedia.org</p>	<p>Control your diabetes: it's worth your time. Part 2: diet and exercise</p> <p>Description Information regarding preventative aspects of diabetes.</p> <p>Format Fact Sheet, audio, Multimedia and Web Video.</p> <p>Language English, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Healthy Roads Media http://www.healthyroadsmedia.org</p>
<p>Control your diabetes: it's worth your time. Part 3: medication and glucose</p> <p>Description Information regarding preventative aspects of diabetes.</p> <p>Format Fact Sheet, audio, Multimedia and Web Video.</p> <p>Language English, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Healthy Roads Media http://www.healthyroadsmedia.org</p>	<p>Culturally specific foods</p> <p>Description Information on eating culturally specific foods for diabetics.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, Turkish</p> <p>Cost free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>

<p>Diabetes</p> <p>Description Information regarding preventative aspects of diabetes.</p> <p>Format Text, audio, CD to download.</p> <p>Language Arabic, Chinese, English, Punjabi, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Sounds Healthy http://www.surgerydoor.co.uk/</p>	<p>Diabetes</p> <p>Description General information about diabetes.</p> <p>Format Leaflet</p> <p>Languages Chinese, English</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au/home/index.htm</p>
<p>Diabetes</p> <p>Description Information regarding diabetes.</p> <p>Format Booklet</p> <p>Language Turkish, Urdu.</p> <p>Cost Free</p> <p>Published 2005</p> <p>Contact NHS Direct http://www.nhsdirect.nhs.uk/</p>	<p>Diabetes facts</p> <p>Description General information for diabetics.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, Turkish</p> <p>Cost free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>
<p>Diabetes – what can I do to take care of my feet?</p> <p>Description Presents information how the diabetic can look after their feet.</p> <p>Format Fact Sheet, Audio, Multimedia, Web Video</p> <p>Language English, Somali</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact Healthy Roads Media http://www.healthyroadsmedia.org/</p>	<p>How can diabetes hurt my feet?</p> <p>Description Information regarding preventative aspects of diabetes foot care.</p> <p>Format Fact Sheet, Audio, Multimedia, Web Video</p> <p>Language English, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Healthy Roads Media http://www.healthyroadsmedia.org/</p>
<p>Diabetes – introductory information</p> <p>Description Information for diabetics</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Diabetic complications</p> <p>Description Information on health complications for diabetics.</p> <p>Format Leaflet</p> <p>Languages Chinese, English, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>
<p>Diabetes and exercise: how exercise can help?</p> <p>Description Advice for diabetics on exercise.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Diabetes and other medications</p> <p>Description Advice for diabetics taking medications.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>

<p>Diabetes and pregnancy</p> <p>Description Information on pregnancy and diabetes.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Diabetes and smoking</p> <p>Description Advice for diabetics who smoke.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>
<p>Diabetes and your brain</p> <p>Description Information on the effects on the brain of diabetes.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Diabetes and your eyes</p> <p>Description Information on the effects on the eyes for diabetics.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>
<p>Diabetes and your feet</p> <p>Description Information for diabetics on complications with your feet.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Diabetes and your heart</p> <p>Description Heart complications associated with diabetes.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>
<p>Diabetes and your kidneys</p> <p>Description Kidney complications for diabetics.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Diabetes and your sexual health</p> <p>Description Sexual health for diabetics.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>
<p>Diabetes and Travel</p> <p>Description information on travelling for diabetics</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, Turkish</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Diabetes in pregnancy – gestational diabetes</p> <p>Description Information about gestational diabetes in pregnancy.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>

<p>Diabetes Q&A</p> <p>Description Commonly asked questions and answers for diabetics.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Don't let diabetes steal your sight</p> <p>Description Important information about diabetes and eyesight.</p> <p>Format Leaflet</p> <p>Languages Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact NSW Multicultural Health Communication Service http://www.mhcs.health.nsw.gov.au/</p>
<p>Exercise tips</p> <p>Description Advice for diabetics and exercising.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Gestational diabetes</p> <p>Description Advice on gestational diabetes for pregnant women.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>
<p>Guidelines for blood glucose testing</p> <p>Description Guidance for diabetics on testing blood glucose levels.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Healthy eating</p> <p>Description Healthy eating tips for diabetics.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>
<p>Healthy lifestyle</p> <p>Description Lifestyle advice for diabetics.</p> <p>Format leaflet</p> <p>Languages Chinese, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>	<p>How we help</p> <p>Description General help information for diabetics.</p> <p>Format leaflet</p> <p>Languages Chinese, Punjabi, Urdu</p> <p>Cost Free</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>
<p>Hypoglycaemia</p> <p>Description Information regarding hypoglycaemia.</p> <p>Format Leaflet</p> <p>Language Turkish, Urdu.</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact NHS Direct http://www.nhsdirect.nhs.uk/</p>	<p>Hypoglycaemia</p> <p>Description Information for diabetics on hypoglycaemia.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>

<p>Hyperglycaemia</p> <p>Description Information for diabetics on hyperglycaemia.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Insulin and its role</p> <p>Description Advice for diabetics on using insulin.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>
<p>Injections and injectors</p> <p>Description Advice for diabetics on injecting insulin.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Managing diabetes</p> <p>Description Advice on managing diabetes.</p> <p>Format leaflet</p> <p>Languages Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>
<p>Nerve damage and diabetes</p> <p>Description Information on nerve damage for diabetics.</p> <p>Format leaflet</p> <p>Languages Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>	<p>Pregnancy and diabetes</p> <p>Description General information on pregnancy and diabetes.</p> <p>Format leaflet</p> <p>Languages Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>
<p>Ramadan and diabetes</p> <p>Description Advice on coping with Ramadan for diabetics.</p> <p>Format leaflet</p> <p>Languages Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>	<p>Risk factors – take the tick test</p> <p>Description Risk factors for diabetics.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>
<p>Self-monitoring of blood glucose</p> <p>Description Advice for diabetics on blood sugar monitoring.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Sick days – feeling unwell?</p> <p>Description Information for diabetics on taking sick days.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>

<p>Tablets and diabetes</p> <p>Description Advice for diabetics on taking tablets.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Take care of your heart. Manage your diabetes</p> <p>Description This leaflet provides advice on managing your diabetes to ensure you take care of your heart health too.</p> <p>Format Leaflet</p> <p>Language Chinese, English</p> <p>Cost Free to download</p> <p>Published 2002</p> <p>Contact National Diabetes Education Program http://ndep.nih.gov/</p>
<p>Testing urine</p> <p>Description Advice for diabetics on testing urine.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>The complications of diabetes</p> <p>Description Information for diabetics on potential complications of their disease.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>
<p>Treating your diabetes: insulin and diabetes</p> <p>Description General information about insulin treatment for diabetes.</p> <p>Format leaflet</p> <p>Languages Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>	<p>Type 1 diabetes –a Summary</p> <p>Description A leaflet summarising Type 1 Diabetes.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Patient UK http://www.patient.co.uk</p>
<p>Type1 diabetes: keto–acidosis</p> <p>Description Information for diabetics on keto-acidosis.</p> <p>Format Leaflets</p> <p>Languages Arabic, Chinese, English, Turkish</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Diabetes Australia http://www.diabetesaustralia.com.au</p>	<p>Type 2 diabetes –a summary</p> <p>Description A leaflet summarising Type 2 Diabetes.</p> <p>Format Leaflet</p> <p>Language Arabic, Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published Unknown</p> <p>Contact Patient UK http://www.patient.co.uk</p>
<p>What is Diabetes?</p> <p>Description General information on what is diabetes.</p> <p>Format Leaflet</p> <p>Languages Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>	<p>What is a “hypo”?</p> <p>Description Advice on hypoglycaemic attacks for diabetics.</p> <p>Format Leaflet</p> <p>Languages Chinese, Punjabi, Urdu</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact Diabetes UK http://www.diabetes.org.uk</p>

Your eyes and diabetes Description Advice on optical problems for diabetics. Format Leaflet Languages Chinese, Punjabi, Urdu Cost Free to download Published 2006 Contact Diabetes UK http://www.diabetes.org.uk	