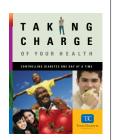
# TEXAS DIABETES COUNCIL/PROGRAM LITERATURE CATALOG





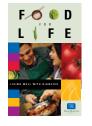
Patient education materials from the Texas Diabetes Council are available in English and Spanish. Catalog numbers followed by the letter "A" indicate Spanish-language versions. Be sure to request English or Spanish versions through use of the correct catalog number and by writing "Spanish" or "English" after the title of the item ordered.



## Taking Charge of Your Health: Controlling Diabetes One Day at a Time

#### CATALOG #10-21 and 10-21A

Brochure with information on medications, low blood sugar, heart health, foot care, eye care, family support, and kidney disease. Contains charts for patient goals and food and medicine records. Maximum quantity per order: 100



# Food for Life-Living Well with Diabetes

#### CATALOG #10-24 and 10-24A

20-page booklet for meal planning with patients who have diabetes. Using a modified food guide pyramid, "Food for Life" provides serving sizes for popular items from each food group, food preparation and healthy eating tips, and a food diary. Maximum quantity per order: 100



#### **Diabetes Card**

# CATALOG #10-25 and 10-25A

Simple, wallet-size card containing a medical record for recording dates and results of routine exams and procedures for patients with diabetes. Reverse side contains checklists for patients to follow in managing their diabetes.

Maximum quantity per order: 100



#### **Foot Poster**

#### CATALOG #10-26 and 10-26A

Colorful drawing of feet with the message "If You Have Diabetes, Take Off Your Shoes and Socks." Maximum quantity per order: 100



## **Could You Have Diabetes?** (a quiz)

#### CATALOG #10-27 and 10-27A

Details risk factors and symptoms of diabetes to assist reader in determining if he or she is at risk for diabetes. Maximum quantity per order: 100



#### Living with Diabetes (a guide)

## CATALOG #10-28 and 10-28A

Assists the patient in keeping track of doctor visits, lab tests/results, and serves as a checklist for their diabetes management plan.

Maximum quantity per order: 100



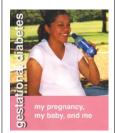
# You Have the Power: Controlling Diabetes One Day at a Time (Video and DVD)

#### CATALOG #:

#BCD VIDE (ENGLISH VHS) #BCD DVDE (ENGLISH DVD) #BCD VIDS (SPANISH VHS) **#BCD DVDS** (SPANISH DVD) **#BCD VIDV** (VIETNAMESE VHS) #10-21 DVDV (VIETNAMESE DVD) **#BCD VIDM** (MANDARIN VHS) #10-21 DVDM (MANDARIN DVD)

Video containing self-management tips for people who have type 2 diabetes.

Maximum quantity per order: 5 each VHS or DVD

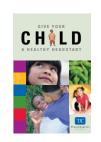


#### **Gestational Diabetes**

#### CATALOG #13-209 and #13-209A

A booklet to help pregnant women understand this type of diabetes.

Maximum quantity per order: 100



# **Give Your Child A Healthy Headstart**

#### CATALOG #10-22 and #10-22A

A brochure for parents to help their children manage their weight, exercise, and develop healthy habits to prevent obesity and type 2 diabetes. Maximum quantity per order: 100





FORM NO. AG-30 <b>TEXAS DEPART</b>	MENT OF STATE HEALTH S	SERVICES P	age	ofPages	
REVISED 9/2007 REQUISITION FOR	OFFICE SUPPLIES/FORMS	/LITERATURE			
Texas Department of State Health Service	Warehouse Fax Numbers:	REQUEST DATE			
1100 West 49 <sup>th</sup> Street	512-424-4810	Dept ID.	Tel:		
Austin, Texas 78756		Ordered by:			
READ CATALOG INSTRUCTIONS PRIOR TO		Section/Unit:			
SUBMITTING REQUISITION		Requestor Code:			
		Date Rec'd:			
		Date Input:			

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