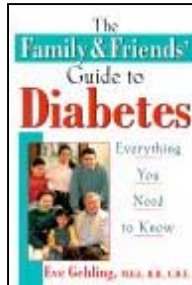


Nutrition: Diabetes / Book Review

Book review by Bjerkness, RD, LD, CDE, a dietitian and diabetes educator at Olmsted Medical Center.



The Family & Friends' Guide to Diabetes: Everything You Need to Know by Eve Gehling, M.Ed., R.D., C.D.E. Copyright 2000
Paperback - 282 pages; John Wiley & Sons; ISBN: 0471348015

Since more than 15 million Americans have diabetes, “The Family & Friends' Guide to Diabetes” is an invaluable resource for many of us. The book is a warehouse of practical information, written in question-and-answer format, explaining medical facts and offering helpful tips on how to be supportive of your loved one with diabetes. The 282-page book answers questions about everything from what to serve for holiday meals to emotional challenges faced by people with diabetes. If you cook or entertain people with diabetes, you will enjoy the many practical cooking and meal planning suggestions offered.

“The Family & Friend's Guide to Diabetes” gives readers a chance to further evaluate their understanding of a topic with quizzes or interactive questionnaires. These are included in the text with positive tips on how to interpret the score and better understand the information. One example is a quiz on how helpful you are to your friend or family member with diabetes, offering ideas for how to be even more supportive.

As friends, family members or coworkers of people who have diabetes, we often feel helpless and unable to do anything other than stand by and watch the individual grapple with challenges of the disease. This book offers us a positive resource to learn how we can take an active role, helping friends or family members take good care of themselves and their diabetes.

Eve Gehling, the author, once a Rochester resident now living in the Twin Cities area, has written “The Family and Friends' Guide to Diabetes” for those who want to be a positive support for someone with diabetes. She is a diabetes educator and registered dietitian with more than 10 years of professional experience. Gehling draws from her professional background as well as her family, including a brother and grandparents with diabetes, to write this informative and useful book.

Sandy Bjerkness, RD, LD, CDE, a dietitian and diabetes educator working at Olmsted Medical Center in Rochester, Minnesota.