

# Diabetes

## **Diabetes: how to care for your feet - Video (27 min.)**

Los Angeles, CA : National Health Video, 2000.

This video describes: how to care for your feet to avoid problems, the importance of socks and shoes, when to see your healthcare professional.

## **Diabetes: the quiet killer – DVD (26 min.)**

Princeton, NJ : Films for the Humanities & Sciences, 2003.

This program provides an overview of both type I and II diabetes, outlining their symptoms, suspected causes, and treatments. It covers common complications of the disease in both forms and discusses proper management to avoid some of those problems.



## **Diabetes: understanding & treating – DVD (30 min.)**

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.

## **Diabetes education: exercise – Video (17 min.)**

Los Angeles, CA : National Health Video, 2002.

This video explains how regular exercise can help control Type 2 diabetes.

## **Diabetes education: cardiovascular precautions** – Video (12 min.)

Los Angeles, CA : National Health Video, 2002.

The video explains the connection between diabetes and coronary disease and how heart-related problems can be avoided.

## **The diabetes home video guide: skills for self care** – DVD (2 discs – 135 min.)

Joslin Diabetes Center -- Boston, MA : 2007.

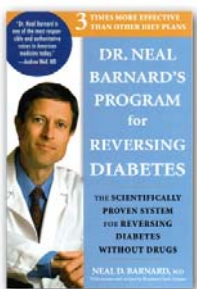
## **Diabetic complications – DVD (30 min.)**



Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.

This program explains about Diabetic Foot Infections that can develop in the skin, muscles, or bones of the foot as a result of the nerve damage and poor circulation associated with diabetes. Because a person with this condition may not feel foot pain or discomfort, problems can remain undetected into the advanced stages of infection. One patient, for example, was unaware, for several weeks, that a nail had gone through his work boot and into his foot.



## **Taking control of diabetes with Dr. Neal Barnard – DVD** (150 min.)

Detroit, MI -- Detroit Educational Television Foundation, 2009

Joslin Diabetes Center



A fast, fun, and easy exercise program designed to keep you moving. Exercises that can be performed from a seated or standing position – low-impact exercises that are ideal for nearly everyone.

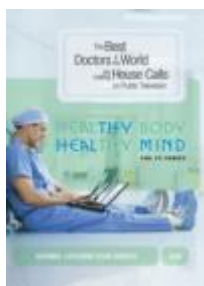


## **Keep moving! ...keep healthy with diabetes – DVD (46 min.)**

Joslin Diabetes Center. -- Boston, MA: 2007.

This video is for people with diabetes or pre-diabetes or others looking for a low-impact video to help them get the physical activity they need.

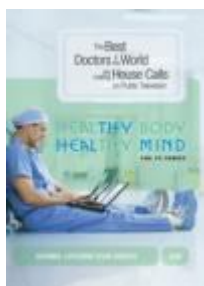
This DVD can be played in English, Spanish, or Mandarin.



## **Living with diabetes – DVD (30 min.)**

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

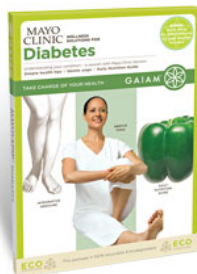
Part of the award winning public television series Healthy Body/Healthy Mind.



## **Managing type 2 diabetes – DVD (30 min.)**

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.



## **Mayo Clinic wellness solutions for diabetes – DVD (92 min.)**

Mayo Clinic : GAIAM, 2007.

Contents: Part 1. Understanding your condition -- Part 2. Eat well to feel well -- Part 3. Soothing therapies.. Mayo Clinic "My stress solutions" 52-page booklet included.

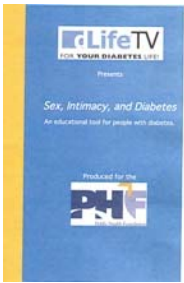


### **Understanding diabetes – DVD (30 min.)**

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.

In this episode find out how to manage, control and possibly prevent diabetes.



### **Sex, intimacy, and diabetes – DVD (26 min.)**

### **Stir fry : diabetes nutrition – DVD (UHN production)**

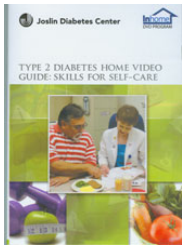
### **Healthy snacks (English – Portuguese) – DVD (UHN production) (20 min.)**

### **Diabetes exercise – DVD (UHN production) (12:30 min.)**



### **Sit and be fit - diabetes workout – DVD (27 min.)**

with Mary Ann Wilson -- Spokane, WA : Sit and Be Fit, 2006



**Type 2 diabetes home video guide: skills for self-care – DVD (2hr. 25 min.)**

Joslin Diabetes Center -- Boston, MA : 2008.

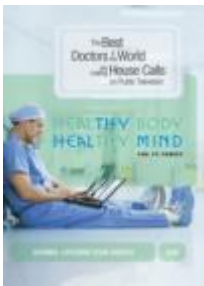
**Initiating and adjusting insulin therapy with Dr. Ian Blumer – DVD (51 min.)**

Lilly Diabetes Program – Toronto, ON : 2008

This video consists of two modules: a patient module and a physician module. Patients module explains what is diabetes, why some diabetics need insulin, and how insulin therapy works.

**Diabetes – what's depression got to do with it? – DVD (60 min.)**

This video provides in-depth explanation of causes & symptoms of depression in people with diabetes and related issues.



**Weighing in on diabetes – DVD (30 min.)**

Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.