

## Books for Teens (ages 13-18)

- 1) Betschart, Jean. *In Control: A Guide for Teens with Diabetes*. Hoboken: John Wiley and Sons Publishing, 1999.

This guide covers issues that teens with diabetes face. Topics include mood changes, junk or fast food, sex, and what and how to tell friends. The teen is also given help in knowing when they can take on more of their own care. This includes how to choose, talk to, and negotiate with their medical team. The information is current and honest.

- 2) Betschart, Jean. *It's Time to Learn about Diabetes: A Workbook on Diabetes for Children*. Hoboken: John Wiley and Sons Publishing, 2001.

Cartoon hosts Cindy and Mike, talk about everything a pre-teen needs to know about diabetes. Difficult medical words are left out. Words, pictures, and workbook exercises explain diabetic care at the level of the child. There are tips on healthy eating, sports, caring for diabetes at school, planning parties, and taking trips. This book emphasizes the positive. It provides a way for children to talk about their feelings. It is a good book for teachers to use in the classroom.

- 3) Betschart-Roemer. *Type 2 Diabetes in Teens: Secrets for Success*. Hoboken: John Wiley and Sons Publishing, 2002.

This book explains how a teen can live with Type 2 diabetes and live well. It starts by telling the teen that they are not alone. Through real life examples, teens are encouraged to make healthy choices. There are sections on how to keep blood glucose in control, how to deal with cravings, and how to find help when you need it. Some stories deal with dating and other things that a teen might be afraid to talk about with their parents. The book is clearly written and straight forward.

- 4) Coon, Nora. *The Diabetes Game*. Rewarding HealthSM, 2006.

The author, Nora Coon, writes about her own experience with Type 1 Diabetes. She was 17 when she wrote the book. Readers follow her journey through diagnosis and treatment, including using a pump. Nora describes her

challenges with staying focused and being “burned out.” She talks about sex, alcohol, driving, and negotiating with parents. Her issues are the same that most teens face. The book will help parents understand what their teen is going through.

- 5) Hood, Korey K. *Type 1 Teens: A Guide to Managing Your Diabetes*. Washington: Magination Press, 2010.

Here is a practical, straightforward guide for teens, written at their level. The author is a psychologist. Topics are introduced from a problem-solving point of view. Many chapters have sample scenarios and scripts of what to do in hard situations. Hood talks about dealing with school, friends, and parents as well as the stresses of dating, sex, drinking, and depression. She also discusses “burnout.” Teens are guided towards making healthy lifestyle choices a priority. The tools for “Putting it All Together,” are in the final chapter.

- 6) Loy, Spike Nasmyth and Bo Nasmyth Loy. *Getting a Grip on Diabetes: Quick Tips and Techniques for Kids and Teens*. Alexandria: American Diabetes Association, 2007.

This book offers lots of tips on how to be more independent with diabetes care. The authors were both diagnosed with Type 1 diabetes, one at age 6 and the other at age 7. They team up with their doctors to learn how take control of their health. They come to know the early signs and effects of poor blood glucose control. The format of the book is clear and friendly. It builds confidence in the reader. Make sure you purchase the most recent edition.

- 7) Moran, Katherine. *Diabetes: The Ultimate Teen Guide (It Happened to Me)*. Lanham: Rowman & Littlefield Publishing Group, 2004.

A book that talks about problems unique to teens. It gives teens confidence to manage and control their own diabetes. Moran believes that each person can learn to be calm and at peace, regardless of the obstacles they face. There is a whole chapter about routines and how to create them. Historical facts about diabetes are presented. The author stresses the need to balance exercise, a good diet, and good sleep. The book is geared to ages 16-19.

- 8) Parker, Katrina. *Living with Diabetes (Teen's Guides)*. New York: Infobase Publishing, 2008.

This is a guide written for teens to learn more about the nature of diabetes and the daily reality of living with it. It is a good resource to use if your teen, other family member, or a friend has been diagnosed. Differences between Type 1, Type 2, and prediabetes are explained. Legal rights are also covered. The back of the book lists helpful organizations, support groups, and other resources.

- 9) Wolpert, Howard, Barbara Anderson, and Jill Weissberg-Benchell. *Transitions in Care: The Challenges of Care in Young Adults*. American Diabetes Association, 2009.

This is a guide for teens, parents, and their health care provider to work together when the teen moves from a pediatrician to an adult care provider. It covers diabetic care, teen issues, and possible setbacks in the future. The format of the book shows the teen how to become self-reliant. There are tips on making decisions and setting goals.

- 10) West, Tracey. *Bull's Eye*. Disney Hyperion, 2019

Type 1 diabetes: Logan Springfield has it, and he's not pleased. He just wants to be a normal eight grader, but how can he do that when he's not allowed to do any of the things he used to enjoy? Logan's mother is overwhelmed. Learning about type 1 diabetes is tough, but she'll do whatever she has to keep her son safe. Logan's dad just wants everything to be okay, and he'll go to any lengths to make Logan feel normal again...even if it's for only a few moments. This is the story of one family's journey from diagnosis to diaversary, and all the ups and downs in between.