

Diabetes News You Can Use



October 2020

Diabetes News You Can Use is a free news bulletin of the Texas Department of State Health Services. It is compiled by the [Diabetes Prevention and Control Program](#). Each month we highlight information and news related to diabetes.

October Is Organize Your Medical Information Month!

- It's important to keep medical paperwork organized for yourself or your family, if you're a caregiver. Creating a personal health record (PHR) can help families keep on top of doctor visits, medications, and insurance documents. It can also help when considering changes to any existing care plans and [can be done in 5 easy steps!](#)
- Where or how do you get started on organizing medical documents? The [organizing your medical records](#) resource can help identify questions to ask your doctor and which documents to include.
- [Managing your medication](#) and logging side effects can help you or a family member create a more complete health picture. This can be shared with your physician in detail, if needed.

Resources

- [Helping a Loved One with Diabetes When You Live Far Apart](#)
- [Listen to CDC Diabetes-related Podcasts](#)

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Articles or Reports

- [Nutrition Therapy for Adults with Diabetes or Prediabetes: A Consensus Report](#)
- [Key Takeaways from ADA's Nutrition Consensus Report](#)
- [A Peer-led Diabetes Education Program in a Homeless Community to Improve Diabetes Knowledge and Empowerment](#)
- [Diabetes Empowerment with a Nurse-led Shared Medical Appointment Program](#)
- [Adapting and Validating a Measure of Diabetes-specific Self-Compassion](#)

Diabetes Friendly Recipes

- [Shrimp Spring Rolls](#)
- [Pumpkin-Hazelnut Tea Cake](#)
- [Strawberry and Cream Cheese Crepes](#)
- [Easy Pizza for Two](#)
- [Vegetarian Chili with Tofu](#)

The articles and hyperlinks to external websites appearing in *Diabetes News You Can Use* are intended to be informational and do not represent an endorsement by the Texas Department of State Health Services. Other websites may not be accessible to people with disabilities. For more information about any of the items listed, please contact the sponsoring organization directly.

Go to dshs.texas.gov/txdiabetes to sign up to receive this monthly bulletin in your email mailbox. You also will receive periodic messages related to public meetings and activities of the DSHS Diabetes Prevention and Control Program.