

Diabetes and Social Media

After a type 1 diabetes diagnosis, it's common to do an internet search to learn more about it. However, a quick google search may lead you to misinformation like "you get diabetes from eating too much sugar" or "cinnamon cures diabetes." Since not everything you read on the internet is true, how do you weed out the good information from the bad?

Make sure you are getting your information from only trusted medical sources whose information is backed up with medical research.

Here are a few websites we recommend:

Diabetes Education

- [American Diabetes Association \(ADA\)](#) - focuses on education and advocacy for people with all types of diabetes.
- [JDRF](#) - provides education and funding for type 1 diabetes research.
- [National Diabetes Education Program \(NDEP\)](#) - provided by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), it aims to improve the treatment and outcomes for people with diabetes.
- [Understanding Diabetes](#) - (known as the Pink Panther book) - a handbook for people living with type 1 diabetes.

Diabetes Online Communities

- [Children with Diabetes](#) - an online community for kids, families and adults with diabetes. They also hold an annual conference for children with type 1 diabetes and their families, called Friends for Life.
- [Glu](#) - an online community for people with type 1 diabetes and people who care about them.
- [TypeOneNation](#) - a social network for people with type 1 diabetes.

Diabetes Blogs and Online Magazines

- [A Sweet Life](#) - shares recipes, travel tips, personal stories from guest bloggers, updates on the latest technology and research, and more.
- [College Diabetes Network](#) - helps young adults living with type 1 diabetes have access to important resources they need to manage diabetes while at school.
- [Diabetes Forecast](#) is the website for the healthy living magazine of the American Diabetes Association.
- [diaTribe](#) offers a wide variety of information on type 1 and 2 diabetes, including policy

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updates, technology news and tips for working with your healthcare team.

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Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

[Sources and Support](#)

[Diabetes Camps and Conferences](#)

Sources

[American Diabetes Association](#)

[A Sweet Life](#)

[JDRF](#)

[Children with Diabetes](#)

[College Diabetes Network](#)

[Diabetes Forecast](#)

[diaTribe](#)

[Glu](#)

[TypeOneNation](#)

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[Understanding Diabetes, Barbara Davis Center for Diabetes](#)
