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The ABCs Of Diabetes Caryl Dow Jorgensen, RN, and John E. Lewis, PhD Crown Publishers, Inc., New York, 291 pages

The Diabetes Educator 1980 6: 39
DOI: 10.1177/014572178000600308

The online version of this article can be found at:
<http://tde.sagepub.com/content/6/3/39.1.citation>

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When a person is in good health, he *feels good*. Two “new wonder drugs” are described which can also promote that good feeling — laughter and hugs. This therapy is relaxing, warming, and free! Doesn't it seem reasonable that a person's diabetes would respond favorably to a dose of this medicine?

As if giving instruction in the art of developing mind, body, and spirit isn't enough, Biermann and Toohey provide a wealth of information in the appendices. Various exchange lists are included (e.g. Jewish, oriental, and vegetarian cookery). Information on sodium, cholesterol, fiber and alcohol is also available. The reader can also learn about drug interactions with insulin and oral hypoglycemics and insulin calculations for travel. In addition, the reader is presented with other references and suggested readings.

The Diabetic's Total Health Book is a doer's handbook. With this book and help of doctors, nurses, and dietitians, a person can live better with diabetes. A diabetic must learn about his disease *and* himself. Good health requires intellectual and personal insights.

(This book may be ordered directly from SUGARFREE CENTER, 5623 Matilija Ave., VanNuys, CA 91401 for \$10.25 + \$1 postage.)

Reviewed by Lori A. Lazuk

The ABCs Of Diabetes

Caryl Dow Jorgensen, RN, and John E. Lewis, PhD
Crown Publishers, Inc., New York, 291 pages

Billed by the publisher as “the most comprehensive book ever written for the layman about diabetes, including the latest findings on diet and treatment,” *The ABCs of Diabetes* presents hundreds of alphabetically listed entries. The authors are Caryl Dow Jorgensen, RN; and John E. Lewis, PhD, Assistant Professor of Medicine and Pathology, himself a diabetic.

As the parent of a teenager who was diagnosed two years ago as having diabetes, I read the book as a layperson who has more than a

passing interest in diabetes. It is a useful compendium of information and gets high marks for such useful lists as that for energy requirements for special activities (the sport which uses the most energy, incidentally, is cross country skiing). Similarly, there is a helpful entry for rotation sites for injection of insulin, including an illustration. A table details sugar in food and other substances.

Perhaps reflecting my own interest I thought the book was most helpful in its guide to diet, such as use of caffeine (it raises blood glucose), the need to spread the intake of all foods, including carbohydrates, over the entire day, and the dangers of drug interaction.

Included are such bits of information as the fact that “up to one half the Pima Indians aged 45 and over have diabetes, the highest recorded rate of diabetes in the world.”

In listing foods high in fiber, however, bran is omitted. Discussing doctors qualified to treat diabetes, pediatricians who may specialize in diabetes are not mentioned.

But this is nitpicking. On the whole, *The ABCs of Diabetes* is a handy reference guide. Following the text is an appendix which lists a directory of relevant organizations, as well as abbreviations of symbols used by the medical profession.

Among the facts gleaned from a cursory reading were encouraging statistics about employment (“most diabetics have better than average work records, with 70 percent or more companies employing diabetics”). And on insurance the statement is made that life insurance is available to most diabetics between the ages of 15 and 65 at reasonable rates, and sometimes at standard rates. It gives the names of some companies.

This is a book which provides a ready reference in easy to read print with bold headings making it easy to find the entry sought. The authors have met their stated goal in writing the book, which is to help the diabetic “take better care of himself by giving him as much information as possible in nonmedical terms.”

Reviewed by Pat Paton

Convenience Food List

By: Marion Franz, RD, MS
Published: 1979, Diabetes Education Center
St. Louis Park Medical Center Research Foundation
Minneapolis, MN

Nutritionists have long been puzzled with questions concerning exchange values for convenience foods and also fast food restaurants. Since the technology of food service is here to stay, so we must broaden our horizons to allow “junk” foods to be incorporated into the diabetic meal plan. The “Convenience Food List” booklet encompasses a vast array of convenience foods not only broken down into exchange lists, but also lists sodium and potassium content of the foods.

Surely, this listing will serve only to enhance the art of the skillful counselor in giving the diabetic's lifestyle a 20th century approach.

LETTERS

Dear Editor:

As a dietitian of many years experience in diabetes education I have come to the decision that the word “exchange” is perhaps the basis for dietary non-compliance for diabetics. When I teach I talk about “food groups,” “portions,” or “serving sizes.”

Further confusion results from the terms “bread exchange” meaning STARCHES, and “meat exchange” which refers to PROTEIN.

I am afraid that our efforts toward the dietary portion of patient education will continue to be thwarted unless we make an effort to clarify and simplify terminology.

Joy Kirkpatrick, RD
Clinical Dietitian
Eisenhower Medical Center
Rancho Mirage, California