



If you or a loved one have been diagnosed with diabetes, the following resources are available with information and support you may need to help you manage your diabetes.

Diabetes Information and Resources

Mount Sinai

Diabetes-Know Your Type: www.mountsinai.org/care/diabetes/services/types

Type 1 Diabetes Information: www.mountsinai.org/health-library/diseases-conditions/type-1-diabetes

Type 2 Diabetes Information: www.mountsinai.org/health-library/diseases-conditions/type-2-diabetes

Treatment and Care for Diabetes: www.mountsinai.org/care/diabetes/services/treatment-care

Diabetes Health Tips (Video Series): www.southnassau.org/sn/diabetes-health-tips

Diabetes Diet: <https://www.mountsinai.org/health-library/report/diabetes-diet>

CDC

National Diabetes Education Program: <https://www.cdc.gov/diabetes/ndep/index.html>

Type 1 Diabetes Resources

JDRF: www.jdrf.org

Type 1 Diabetes for Beginners: www.jdrf.org/t1d-resources/newly-diagnosed/

Living with Type 1 Diabetes: www.jdrf.org/t1d-resources/living-with-t1d/

Type 1 Diabetes Support: www.jdrf.org/t1d-resources/personal-support/

Type 2 Diabetes Resources

American Diabetes Association: www.diabetes.org

Tools to Know Your Risk: <https://diabetes.org/diabetes-risk/tools-know-your-risk>

Nutrition: <https://diabetes.org/nutrition>

Support Community: <https://community.diabetes.org/home>