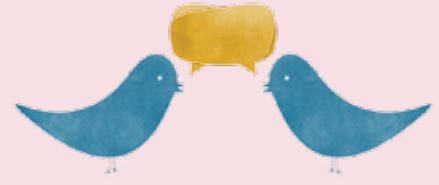




Connect with the Diabetes Online Community



"It takes a combined team of healthcare providers and peers to give PWDs the courage to cope with the daily grind of diabetes. The DOC is always available for emotional support."

- *Cherise Shockley,*
PWD LADA,
Founder of DSMA

"Parents of kids with diabetes become empowered when they connect online with other parents dealing with diabetes 24/7. Through the DOC, parents find support, get encouragement, and commiserate...even at 2:00am!"

- *Leighann Calentine,*
D-Mom Blog

"As a diabetes educator the DOC helps me stay informed and connected to the needs of PWDs. It also helps PWDs know I'm listening."

- *Claire Blum,*
MS Ed, RN, CDE
PWD 34 years

"As PWDs we use our voices and resources to connect to other PWDs to let them know they're not alone. Diabetes Educators can use their collective voices to get the word out about the DOC to more PWDs. It's a win/win!"

- *Mike Hoskins,*
PWD T1, Diabetes
Blogger
@MHoskins2179

Want to Connect, Engage Online with PWD to...

- Get and give support?
- Link up with parents of children with diabetes to share successes and challenges?
- Advocate for diabetes legislation, research funding or insurance coverage?
- Stay on top of diabetes research, new treatments and technologies?

Social media venues, from blogs to Twitter, Facebook, Pinterest and more are amazing virtual locales for people with diabetes (PWD) to connect and engage with other PWDs, PWD's loved ones and diabetes healthcare provider experts. A growing number of people are engaged online. Engaging can make life with diabetes just a wee bit easier.

As a collective this community is the DOC – *Diabetes Online Community*.

Here's how YOU can click open the DOC:*

Diabetes Advocates: A collective of individuals and organizations that offer expertise, resources, and support to those touched by diabetes. Find links to members and their blogs: diabetesadvocates.org/members. Website: diabetesadvocates.org. Twitter: @D_Advocates.

Diabetes Social Media Advocacy (DSMA): Through varied vehicles DSMA: empowers, connects, supports, and educates PWDs. Website: diabetessocmed.com. Twitter chat: Wed 9-10pm; DSMA live (talk radio): Thurs 9-10 pm, Blog carnival with featured blogs and more. On Twitter: @diabetessocmed, #dsma

Online Diabetes Communities: Here's a few of the many websites where PWDs and loved ones are connecting: diabetesdaily.com, diabeteshandsfoundation.org, diabetessisters.org (for women), diabeticconnect.com, diabeticlivingonline.com, divabetic.org (wellness for women with a wow), insulindependence.org (Better Management through Active Living), juvenation.org (JDRF's social network for children), myglu.org (for PWD type 1 sponsored by Helmsley Trust), TeamWILDathletics.com (We Inspire Life with Diabetes), thediabetesresource.com (a comprehensive online diabetes directory), TheDX.com (The Diabetes Experience), tudiabetes.org

Diabetes Blogs: Here are several valuable diabetes blogs: asweetlife.org/category/blogs, bittersweetdiabetes.com, diabetesmine.com, diabetesdaily.com (composite of many blogs), diabetesstopshere.com (ADA), diabetesaliciousness.blogspot.com, diabeteshandsfoundation.org/our-blog, diabetesstories.com, d-mom.com, huffingtonpost.com/riva-greenberg, loraldiabetes.blogspot.com, sixuntilme.com, scottsdabetes.com, textingmypancreas.com and the related youcandothisproject.com, tudiabetes.org/profiles/blog/list and many more.

*Not intended to be an exhaustive list. Intended to offer several ways to connect and engage with PWDs online. As you engage keep in mind online support and information should not replace your diabetes healthcare providers. Consult them before changing your diabetes care plan.

This handout is intended for distribution by diabetes educators, other HCPs, PWDs and others. To access the web version or download printable copies, visit hopewarshaw.com/connectdiabetes.

Developed by: Hope Warshaw, MMSc, RD, CDE
10/12 edition