

For Release: September 2006

Contact: Val Rossi
Tel: (203) 226-5665
Email: valrossi@northhillpublishing.com

New book helps people with type 2 diabetes get organized and take control

"This is a great tool for people with diabetes ---a condition where being organized can mean better health." Tania S Burgert, MD, Yale University, School of Medicine

Westport, CT (May 2006) – Type 2 diabetes affects 21 million Americans. Poorly controlled diabetes can affect every organ of the body. The good news is that comprehensive diabetes self-care can help people avoid life-threatening complications. Unfortunately people with diabetes often find it overwhelming to put in to practice all of the “what to do and when do it” advice recommended by their doctors.

To help people organize the many elements of diabetes self-care into an effective, working plan, Gina Barbetta, MS, RD, CDE, CD-N and Valerie Rossi have created ***My Diabetes Organizer™: The essential planner and record-keeper for people with type 2 diabetes***. This innovative book puts the health information, goals and plans for successful self-care at the fingertips of people with type 2 diabetes. Readers will want to take this book from the kitchen table to the doctor’s office and back home again.

My Diabetes Organizer™ is provide readers with a roadmap for setting goals, tracking progress and achieving better control of their diabetes. The book features 12-month checkup charts, customizable plans for nutrition, exercise, testing and emergencies, a diabetes team directory, filing systems for medical bills, insurance, medications, news & advice and more. A pullout 30-day journal, *The Daily Tracker* included with the book, helps readers get into the routine of daily blood sugar testing, medicating, meal planning and other diabetes self-care. For ease-of-use and convenience, *My Diabetes Organizer™* contains pockets, dividers, charts and checklists.

"I am very impressed. My Diabetes Organizer gives people an opportunity to take a pro-active role in managing their diabetes. I think that is key." -- Robert Savino, MD, Chief, Endocrine and Diabetes Center of Western Connecticut

Gina Barbetta, MS, RD, CDE, CD-N is a registered dietitian, certified diabetes educator and nutrition consultant with over 15 years of experience in the diabetes and weight management field, which includes clinical research on diabetes-related topics with Yale University, School of Medicine. Ms Barbetta is published in scientific journals including the *New England Journal of Medicine*, *Lancet*, and the *Journal of the American Dietetic Association*. Valerie Rossi, an organizer by nature, embarked on this project to help family members get better control of all of the issues surrounding type II diabetes. This book will be available in bookstores in September 2006.

Title: *My Diabetes Organizer™*
Subtitle: *The essential planner and record-keeper for people with type 2 diabetes*
Authors: Gina Barbetta and Valerie Rossi
ISBN: ISBN 0-9773122-0-8 Category: Health/Diabetes
Length: 86 pages + 64 page booklet Retail Price: \$24.95
Binding: 8.5” x 11” Hardcover Wire-O Illustrations: Photos and original
Additions: Sidebars, checklists, expandable envelopes, tab dividers, separate booklet
Distributor: Independent Publishers Group (IPG) at (800) 888-4741 or www.ipgbook.com

###