

| <b>Diabetes Resource Education List</b>  |   |
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| <b>UC Berkeley Tang Center Advice Nurse Line (510) 643-7197</b>  |   |
| Organization   | Website   |
| <b>American Diabetes Association</b> <ul style="list-style-type: none"> <li>• Non-profit company dedicated to improving the lives of people affected by diabetes</li> </ul>                                    | <a href="http://diabetes.org">diabetes.org</a>  |
| <b>Joslin Diabetes Center</b> <ul style="list-style-type: none"> <li>• Non-profit company dedicated to diabetes care and research. Affiliated with Harvard University</li> </ul>                               | <a href="http://joslin.org">joslin.org</a>  |
| <b>National Institutes of Health (NIH):</b> <ul style="list-style-type: none"> <li>• National Institute of Diabetes and Digestive and Kidney Disease</li> <li>• National Diabetes Education Program</li> </ul> | Primarily for physicians: <a href="http://niddk.nih.gov">niddk.nih.gov</a><br>Primarily for patients:<br><a href="http://diabetes.niddk.nih.gov">diabetes.niddk.nih.gov</a><br><a href="http://ndep.nih.gov">ndep.nih.gov</a> |
| <b>UC San Francisco Diabetes Teaching Center</b>   | <a href="http://dtc.ucsf.edu">dtc.ucsf.edu</a>  |
| <b>Calorie King</b> <ul style="list-style-type: none"> <li>• Company focused on presenting accurate nutrition information. Good for carbohydrate counting.</li> </ul>  | <a href="http://calorieking.com">calorieking.com</a>  |

| <b>Diabetes Classes</b>  |
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| 1. <b>Alta Bates Summit Diabetes Center: 3030 Telegraph Ave., Berkeley, CA 94705<br/>(510) 204-1081</b>  |
| 2. <b>Kaiser Oakland Diabetes Center: Fabiola Building, Ground Floor Room G-72<br/>280 W. MacArthur Blvd., Oakland, CA 94611<br/>(510) 752-7272</b>                            |
| 3. <b>Asian Health Services: 818 Webster St., Oakland, A 94607<br/>(510) 986-6830</b>  |
| 4. <b>UC San Francisco Diabetes Teaching Center: <a href="http://dtc.ucsf.edu">dtc.ucsf.edu</a><br/>400 Parnassus, Room 550<br/>San Francisco, CA 94143<br/>(415) 353-2266</b> |
| 5. <b>John Muir Diabetes Center: 2700 Grand St. Suite 102, Concord, CA 94520<br/>(925) 674-2077</b>  |