Diabetes Week takes place every year in June. This year Aberdeen City Libraries played host to three different talks to raise awareness around Diabetes in Aberdeen and the Diabetes Scotland Facing Up to Diabetes Portrait Collection which illustrates the courage and perseverance of Scots living with diabetes.

To compliment the talks and exhibit this list of suggested reading and information sources has been compiled to allow further exploration of Diabetes both here and now and in the past. As Aberdeen has a pre-eminent place in the history of diabetes.

Not a library member? Join today online
**Books**

A list of books on diabetes (type 1 and 2) including lived experience stories, self-help/ information titles, recipe books and history books is currently being highlighted through our library catalogue. (Scroll down for the carousel)

Our Healthy Reading collections provide access to information on a range of different health topics and were compiled with input from local health care professionals. To find out more and view the full list visit the Healthy Reading webpage.

**Articles from our online resources**

Visit our online resources webpages to access these resources and more …

**Access to Research (access in libraries only)**

**History**


**Health and Wellbeing**


Xuguang Zhang et al. (2014) Oat-enriched diet reduces inflammatory status assessed by circulating cell-derived microparticle concentrations in type 2 diabetes, Molecular Nutrition & Food Research, 58:6, pp. 1322-1332, DOI: 10.1002/mnfr.201300820

Our Navigating health information online videos provide guidance on understanding health research. You can also book a 1:1 session with our Information Librarian by emailing healthinfo@aberdeen.city.gov.uk
Oxford Research Encyclopedias (access from anywhere)


British Newspaper Archive (access in libraries only)

Aberdeen Press and Journal (1928) Aberdeen Chair of Physiology; Professor JRR Macleod assisted in the discovery of insulin, *Aberdeen Press and Journal*, 13 Apr, p7c.

Aberdeen Press and Journal (1935) Two Aberdeen professors die on the same day, *Aberdeen Press and Journal*, 18 Mar, p8a

Aberdeen Press and Journal (1968) Death of Dr R.D. Lawrence, the diabetic who made diabetes his work, *Aberdeen Press and Journal*, 29 Aug, p3g

Other websites and further information

**Diabetes UK (Scotland)** - Diabetes Scotland work to raise awareness, improve care and provide help, support and information for people with diabetes and their families across Scotland.

**Living well with Diabetes Peer Support Group** - This group for those living with Diabetes and their family and carers meets regularly at Robert Gordon University in the Sir Ian Wood Building from 4.30 – 6.30pm. To find out more and secure a place email s.thomson9@nhs.net or phone 01224 551660.

**My Diabetes My Way** - NHS Scotland interactive diabetes website to help support people who have diabetes and their family and friends.

**NHS inform** - Scotland's national health information service provide a range of information services including information on illnesses, injuries and conditions, tests and treatments, healthy living topics, self help guides, information about health services and your rights.

**The Rowett Institute, University of Aberdeen** - The Rowett Institute of Nutrition and Health has been a world leader in nutrition research for over 100 years and is based here in the city. Their website