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I am employed by Exacta Pharmaceutical Company (6250 Longwood Avenue, Any City, Missouri). My employer manufactures and markets pharmaceuticals related to the treatment of diabetes and its complications.

Board Membership

I am on the board of directors of the Exacta Pharmaceutical Company, a manufacturer of pharmaceuticals related to the treatment of diabetes.

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I, or my immediate family, hold stock in the following companies that make products related to the treatment or management of diabetes and its complications:

XYZ Corporation

LMN Corporation

Honoraria or Consulting Fees

I have received honoraria for speaking engagements from the following:

XYZ Corporation

LMN Corporation

I am a paid consultant of the XYZ Corporation.

Grants

The XYZ Corporation is providing funds to my laboratory in order to conduct studies on a new drug to treat diabetic neuropathy.

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This form must be returned with your submission. Make additional copies as needed for all authors. Failure to complete the disclosure may delay or prevent publication of your article.

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Carbohydrate Counting is Here!

What is Carbohydrate Counting and Why Teach It?

Carbohydrate Counting is a new diabetes meal planning approach found to be effective during the Diabetes Control and Complications Trial (DCCT). Studies have proven that carbohydrate(CHO) intake is the main factor affecting blood glucose, and that although they vary in nutritive value, all carbohydrates have nearly equal impact on blood sugar. Therefore, emphasis is placed on the total amount of CHO consumed, rather than the type.

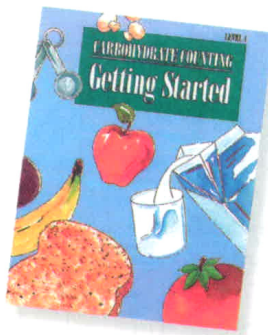
Carbohydrate Counting gives patients more food choices and greater meal planning flexibility. And because it offers a more precise matching of food, activity, and medication, it can lead to improved blood glucose control.

Three Levels Let You Individualize Teaching

Copublished by the American Diabetes Association and The American Dietetic Association, these Carbohydrate Counting booklets are available at three levels of complexity (see below) to help you meet the varied needs of your patients. Each package includes 10 booklets and accompanying professional information.

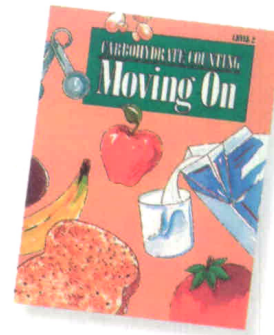
Getting Started (Level 1):

Introduces the concepts of carbohydrate counting. Patients will learn which foods contain carbohydrates and how to consume consistent amounts on a daily basis. Intended for all diabetes patients (IDDM, NIDDM, or GDM). #5606-01
Nonmember: \$18.00; Member: \$15.00



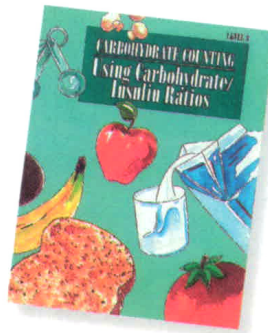
Moving On (Level 2):

Patients learn to identify and interpret patterns in their blood glucose levels based on their food intake, medication, and physical activity (known as pattern management). Intended for any patient who has mastered the basics of carbohydrate counting. #5606-02
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Using Carbohydrate/Insulin Ratios (Level 3):

Building on the skills taught in levels 1 and 2, it teaches patients to adjust insulin for changes in food or physical activity using a ratio of carbohydrate intake to insulin dosage. Intended for patients on intensive insulin management



Sample Pack

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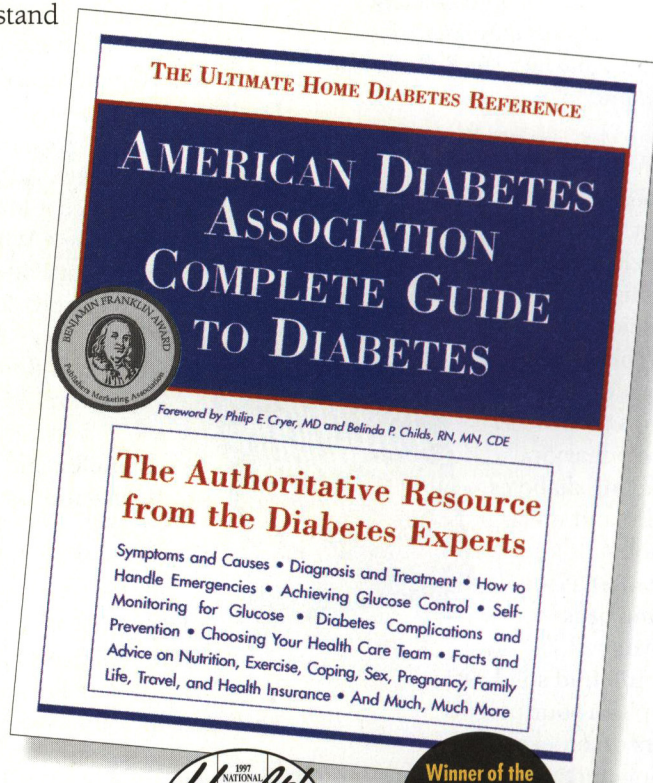
NOW IN PAPERBACK!

Finally, all areas of diabetes self-care are covered in the pages of one masterful book, the *American Diabetes Association Complete Guide to Diabetes*. Thorough, information-packed chapters reveal easy-to-understand tips and techniques to living a healthy, happy life. Special features:

"This book is essential..."
—Library Journal

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- ★ **Compiled and reviewed by more than 20 of the world's diabetes experts**
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- **Local Involvement** — You can participate in patient and professional education programs, network with other professionals and actively shape the future of ADA.
- **Free Copy of Clinical Practice Recommendations** — This extensive guide details the current ADA standards of clinical care and is an important resource for all health care professionals who treat people with diabetes.
- **Free Journal Subscription** — Category I members receive a subscription to *Diabetes* or *Diabetes Care*, while Category II members receive subscriptions to *Diabetes Spectrum* and *Diabetes Forecast*. These and other popular ADA journals are excellent resources for diabetes professionals. Members who want to subscribe to additional journals will receive special members-only rates — see Section 4 of the membership application for details.

Diabetes — the world's most-cited journal of diabetes research brings you the latest findings from the world's top scientists.

Diabetes Care — the premier journal of clinical diabetes research and treatment. *Diabetes Care* keeps you current with original research reports, news and commentaries, case studies and reviews.

Diabetes Reviews — the comprehensive review articles in ADA's newest journal are a convenient way for busy researchers and clinicians to keep up-to-date on what's truly new in research.

Diabetes Spectrum — translates research into practice for nurses, dietitians and other health care professionals involved in patient education and counseling.

Clinical Diabetes — for the primary-care provider as well as other diabetes specialists, *Clinical Diabetes* offers articles and abstracts highlighting recent advances in diabetes treatment.

Diabetes Forecast — a valuable tool for patient education, ADA's magazine for patients and their families features advice on diet, exercise and other lifestyle changes, plus the latest developments in new technology and research.

- **Members-Only Discounts on ADA Periodicals, Books and Patient Materials** — ADA also publishes more than 160 diabetes education books, pamphlets, videotapes and CD ROMs. ADA members receive automatic discounts on every order.

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ADA Professional Section Membership
Department 0028
Washington, DC 20073

(703) 549-1500, ext. 2343 Fax (703) 549-6995

Application for Professional Section Membership

Mail with payment to: ADA, Professional Section Membership, Dept. 0028, Washington, DC 20073



1. Name: _____ E-mail: _____

Address: _____ Phone: _____ Fax: _____

City: _____ State: _____ Zip: _____ Country: _____ Degrees: _____ / _____ / _____

2. Primary Area of Focus: _____ Clinical Practice _____ Research _____ Education _____ Industry

3. Choose Your Membership Category

Category I: Please note, Physicians must join this category

Category II:

<p>Dues:</p> <p><input type="checkbox"/> Domestic Members: \$150 <input type="checkbox"/> Overseas Members: \$205</p> <p><input type="checkbox"/> Domestic in Training Dues: \$75* <input type="checkbox"/> Overseas in Training Dues: \$130*</p> <p>Journal Selection (choose one):</p> <p><input type="checkbox"/> Diabetes (monthly): Basic research on the pathophysiology of diabetes</p> <p><input type="checkbox"/> Diabetes Care (monthly): Clinical care and research</p>	<p>Dues:</p> <p><input type="checkbox"/> Domestic Members: \$75 <input type="checkbox"/> Overseas Members: \$115</p> <p><input type="checkbox"/> Domestic in Training Dues: \$38* <input type="checkbox"/> Overseas in Training Dues: \$58*</p> <p>Journals (includes journals listed below):</p> <p>Diabetes Spectrum (quarterly): Education and counseling strategies</p> <p>Diabetes Forecast (monthly): Lifestyle magazine for patients and their families</p>
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*If you received your first professional degree, diploma, or certificate in the last five years, join ADA as a Member-in-Training and receive this special rate.

University or College attended: _____ Degree(s): _____ Date Earned: _____

4. Order Additional Publications at "Members-only" Rates: Domestic/International Rates (only single subscriptions available for each journal)

- | | | |
|---|---|--|
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| <input type="checkbox"/> Diabetes (monthly) \$75/\$130 | <input type="checkbox"/> Clinical Diabetes (quarterly) \$15/\$21 | <input type="checkbox"/> Diabetes Forecast (monthly) \$12/\$37 |

5. Select One FREE Council Membership:

Extra Council Memberships are \$25 each.

- | | |
|---|------|
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| <input type="checkbox"/> Diabetes in Pregnancy | (BB) |
| <input type="checkbox"/> Complications | (TT) |
| <input type="checkbox"/> Education | (SS) |
| <input type="checkbox"/> Exercise | (XX) |
| <input type="checkbox"/> Foot Care | (RR) |
| <input type="checkbox"/> Molecular, Cellular and Biochemical Aspects of Diabetes | (MM) |
| <input type="checkbox"/> Clinical Endocrinology, Health Care Delivery and Public Health | (FF) |
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| <input type="checkbox"/> Immunology, Immunogenetics and Transplantation | (JJ) |
| <input type="checkbox"/> Nutritional Sciences and Metabolism | (NN) |

7. Circle one Primary (P) and one Secondary (S) Specialty

- | | | |
|----------------------------|------------------------|-----------------------------|
| P S AD Administration | P S IU Immunology | P S PH Public Health |
| P S BC Biochemistry | P S ME Metabolism | P S PM Pharmacy |
| P S CA Cardiology | P S NE Nephrology | P S PN Pediatric |
| P S DE Dermatology | P S NR Neurology | Endocrinology |
| P S DO Dentistry | P S NS Nursing | P S PO Podiatry |
| P S ED Education | P S NU Nutrition | P S PR Podiatric Management |
| P S EN Adult Endocrinology | P S OG Obstetrics/Gyn. | P S PS Psychiatry |
| P S EP Epidemiology | P S OP Ophthalmology | P S PT Pathology |
| P S EX Exercise Physiology | P S OR Orthopedics | P S PX Physical Therapy |
| P S FP Family Practice | P S OS Osteopathy | P S PY Physiology |
| P S GE Geriatrics | P S OT Optometry | P S SU Surgery |
| P S GP General Practice | P S PA Pharmacology | P S SW Social Work |
| P S GT Genetics | P S PC Psychology | P S UR Urology |
| P S IM Internal Medicine | P S PE Pediatrics | |

6. Mark Your Primary Work Setting:

- University/Academic (1)
- Private/Group Practice (2)
- Hospital (3)
- HMO (4)
- Public Health (5)
- Government (7)
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- Category II (Diabetes Spectrum): \$50 Dom/\$47 Intl (Diabetes Forecast): \$12 Dom/\$43 Intl

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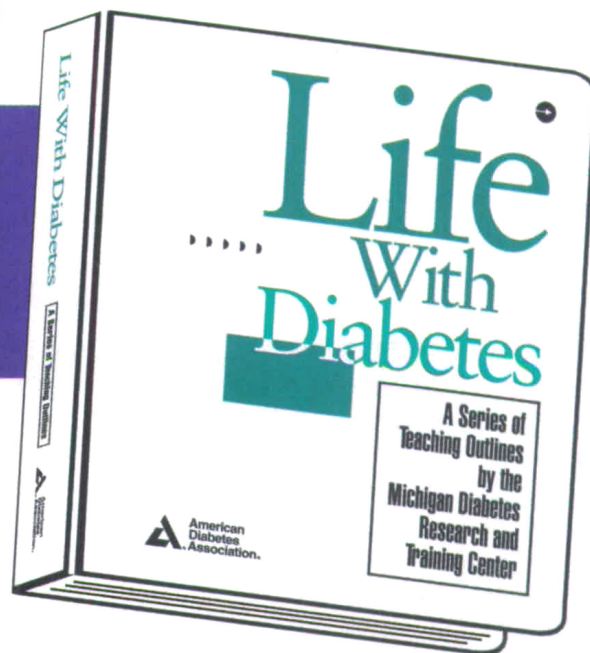
JCAD698

Introducing the Comprehensive Diabetes Education Curriculum

Includes the content areas for meeting the standards of ADA Education Program Recognition

Life With Diabetes

A Series of Teaching Outlines by the Michigan Diabetes Research and Training Center



This long-awaited revision presents a comprehensive curriculum for diabetes education, including the content areas necessary for meeting the standards of the American Diabetes Association recognition process.

Written to guide health professionals in the education of patients with diabetes, the outlines provide information on a diverse range of topics relevant to good diabetes self-management. Topics include: meal planning and nutrition, exercise, monitoring, sexual issues, and more. While primarily geared toward adults with either type 1 or type 2 diabetes, the content can easily be adapted to younger audiences.

Each outline includes: a statement of purpose; prerequisites for patients attending the session; materials needed for teaching the session; recommended teaching method; a content outline that includes general concepts to be covered; specific details and instructor notes or teaching tips; an evaluation and documentation plan; and suggested readings related to each topic.

Contents

- Introduction
- Core Outlines*
 1. What is Diabetes?
 2. Learning to Live with Diabetes
 3. Basics of Eating: When and How Much
 4. Food and Blood Glucose
 5. Planning Meals
 6. Stocking the Cupboard
 7. Physical Activity and Exercise
 8. Oral Antidiabetes Medications
 9. Insulin
 10. Monitoring Your Diabetes
 11. Regulating Blood Glucose
 12. Stress and Coping
 13. Personal Health Habits
 14. Long-Term Complications
 15. Changing Behavior
 16. Putting the Pieces Together

Supplementary Outlines

17. Food and Weight
18. Eating for a Healthy Heart: Fat, Fiber, and Sodium
19. Carbohydrate Counting
20. Diabetes Exchange Lists
21. Using Exchanges to Plan Meals
22. Calculating Exchange Values
23. Sexual Health and Diabetes
24. Pregnancy and Diabetes
25. Insulin Pump Therapy
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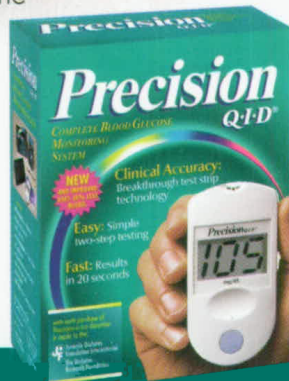
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