

# RESOURCES FOR RECOGNIZING AND TREATING DIABULIMIA / ED-DMT1

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## ARTICLES

“Eating Disorders and Type 1 Diabetes: Practical Approaches to Treatment” Stephanie Critchley, et. al. Practical Diabetology. 2014; March/April:18-24.

“Eating Disorders in Girls and Women with Type 1 Diabetes: A Longitudinal Study of Prevalence, Onset, Remission and Recurrence” Patricia A. Colton, et. al. Diabetes Care. 2015; 38(7):1212-1217.

## VIDEOS

### Diabulimia: A First-Person Account

[https://www.youtube.com/watch?v=fmtr4g\\_VopU](https://www.youtube.com/watch?v=fmtr4g_VopU)

### Diabulimia: The World’s Most Dangerous Eating Disorder

<https://www.youtube.com/watch?v=tSLjM6cZaTo>

### Eating Disorders and Diabetes: Diabulimia and Beyond

<http://www.youtube.com/watch?v=Ztsdc7PejJY>

## BOOKS

**For Everyone:** Prevention & Recovery from Eating Disorders in T1 Diabetes: Injecting Hope, Dr. Ann Goebel-Fabbri

**For Professionals:** Diabulimia: Towards Understanding, Recognition and Healing, Dr. Aarti Esther Sharma

**For Patients:** Needles: A Memoir of Growing Up with Diabetes, Andie Dominick

**For Family & Friends:** Diabulimia: Diabetes + Eating Disorders; What It Is and How to Treat It, Grace Shih

## ONLINE SUPPORT GROUPS

**Diabulimia Awareness** – [www.facebook.com/groups/DiabulimiaSupport/](http://www.facebook.com/groups/DiabulimiaSupport/)

**Diabulimia Family & Friends** - <http://www.facebook.com/#!/groups/diabulimia.friends.family/>

**Type 2 Diabetes & Eating Disorders** - <https://www.facebook.com/groups/T2DandDisorderedEating/>

## WEBSITES

**Diabulimia Helpline** [www.diabulimiahelpline.org](http://www.diabulimiahelpline.org)

**Diabetics with Eating Disorders** [www.dwed.org.uk](http://www.dwed.org.uk)

**Behavioral Diabetes Institute** [www.behavioraldiabetesinstitute.org](http://www.behavioraldiabetesinstitute.org)

**Beyond Type 1** [www.beyondtype1.org/mental-health/](http://www.beyondtype1.org/mental-health/)

**Beyond Type 2** [www.beyondtype2.org/mental-health/](http://www.beyondtype2.org/mental-health/)

**National Eating Disorder Association** [www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

## INSTAGRAM ACCOUNTS

**t1doubleampersand** (Erin M. Akers)

**bodyposibetes** (Georgie Peters)

**thediabetespsychologist** (Mark Heyman)

**theintuitivediabetic** (Lindsay Sarson)

**gofedyourself** (Lauren Newman)

