



# Long Term Condition Suggested Reading

Would you like to learn more about your long term condition and how you can manage your symptoms better? Below is a list of suggested resources to help

## Diabetes

[www.diabetesuk.org.uk](http://www.diabetesuk.org.uk)

“How to Succeed using the Glycaemic Index Diet” – Collins Gem (2005)

“Carbs & Cals” – Chris Cheyette & Yello Balolia

## Heart Disease

[www.bhf.org.uk](http://www.bhf.org.uk)

## COPD

[www.copdfoundation.org](http://www.copdfoundation.org)

[www.copddigest.org](http://www.copddigest.org)

[www.blf.org.uk](http://www.blf.org.uk)