## Appendix I: Glucose Conversion Between mg/dl and mmol/L

This is the fourth edition of this book to include all blood glucose levels in both mg/dl and mmol/L. Parts of the world use one system, and other parts use the other system. This will allow the book to now be used by both. An easy way to make the conversion from mg/dl to mmol/L is to divide by 18. To convert mmol/L to mg/dl, multiply by 18. The table below may also help.

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### Appendix II: Shopping List and Approximate Cost of Diabetes Supplies

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H. PETER CHASE, MD is the past Executive and Clinical Director of the Barbara Davis Center for Childhood Diabetes in Denver, CO. In addition, he is a Professor of Pediatrics at the University of Colorado Health Sciences Center in Aurora, CO.

Dr. Chase received his education at the University of Wisconsin in Madison, WI. He completed his internship and residency at the University of Utah and Stanford University. A fellowship in Endocrinology and metabolism (Stanford and the University of Colorado) was followed by research at the National Institute of Health. He has since been a faculty member of the University of Colorado. He is a principal investigator in the multi-center NIH – funded studies of Diabetes Research in Children Network (DIRECNET) and the Type 1 Diabetes/TrialNet prevention studies.

Dr. Chase has received many honors, including the Outstanding Physician Clinician in Diabetes award from the American Diabetes Association, a Lifetime Achievement Award from JDRF and the Ross Award for Outstanding Research in Pediatrics. He has authored over 200 research papers and 50 textbook chapters. In addition to the 11th edition of this education book, “Understanding Diabetes”, the accompanying synopsis “A First-Book for Understanding Diabetes” is available in English and Spanish, Chinese and Japanese.

Faculty Disclosure: Dr. Chase is on the Medtronic MiniMed and the Unomedical medical advisory boards. He has received research funds from Smiths Medical, Medtronic MiniMed, Sanofi-Aventis, Novo Nordisk and Therasense/Abbott. He is on the Sanofi-Aventis Speakers Bureau.
WEBSITES

Barbara Davis Center for Childhood Diabetes
University of Colorado at Denver
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Mail Stop A140
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<td>Offers people with diabetes of all ages and backgrounds</td>
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<td>practical suggestions for how they can manage and prevent</td>
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