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Patient education and self-management support resources

**Online Educational Materials and Resources**

- Health information for the whole family [portal.ct.gov/AG/Health-Issues](http://portal.ct.gov/AG/Health-Issues)
- Questions to ask your doctor [medicinenet.com](http://medicinenet.com)
- Healthy eating [eatingwell.com](http://eatingwell.com)
- Quit smoking <https://www.cdc.gov/tobacco/patient-care/patient-resources/index.html>
- Chronic pain support [painconnection.org](http://painconnection.org)
- Opioid Addiction [drugabuse.gov](http://drugabuse.gov)

**Self-Management Mobile Apps**

- Diabetes [Blood Sugar Log-Diabetes Tracker](#)
- Weight/Sugar/Blood Pressure Tracking [Life Sum](#)

**Self-Management Tools**

- Learn how to control asthma <https://www.cdc.gov/asthma/faqs.htm>
- Diabetes self-management patient education material and blood sugar monitoring log – <https://www.hopkinsmedicine.org/general-internal-medicine/core-resources/patient-handouts>
- High Blood Pressure self-management patient education – <https://www.cdc.gov/bloodpressure/index.htm>
- My Blood Pressure Log [https://www.cdc.gov/heartdisease/docs/My\\_Blood\\_Pressure\\_Log.pdf](https://www.cdc.gov/heartdisease/docs/My_Blood_Pressure_Log.pdf)