

Offers for people with diabetes and their relatives

www.heidelberg.de





Dear fellow citizens,

Diabetes mellitus is one of the most widespread diseases worldwide. In Germany alone, it is estimated that more than seven million people are affected. And the number of new cases continues to rise every year, also affecting more and more children and young people.

A Diabetes Guide for Heidelberg has now been put together for the first time to provide support in dealing with and living with the disease, but also to provide information on health promotion and prevention options. In addition to information on the subject of diabetes, this important guide for those affected as well as their relatives and other interested parties provides an overview of treatment and care services in Heidelberg. It also includes relevant counseling, training, and support services, as well as sports activities.

The guide was created by "DiabetesNetz Heidelberg", which emerged from the Rhine-Neckar District and Heidelberg Municipal Health Conference.

I would like to sincerely thank all those involved, especially the volunteer members, for their commitment. They are making an exemplary contribution to the further development of Heidelberg as a "Healthy City" as defined by the World Health Organization.

Sincerely

A handwritten signature in blue ink that reads "Eckart Würzner".

Prof. Dr. Eckart Würzner
Lord Mayor

DiabetesNetz Heidelberg

DiabetesNetz Heidelberg is an association of representatives from St. Josef's Hospital in Heidelberg, Volkshochschule Heidelberg, Selbsthilfe Diabetiker Baden Württemberg e. V., the Rhine-Neckar District and Heidelberg Health Authorities and the City of Heidelberg.

It emerged from the Rhine-Neckar District and Heidelberg Municipal Health Conference and has set itself the goal of strengthening and promoting the health literacy of the population around the subject of diabetes mellitus, especially in the areas of health promotion and prevention as well as care.



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Information on diabetes

What is diabetes mellitus?

The term diabetes or diabetes mellitus refers to a metabolic disease characterized by elevated blood sugar levels. Type 1 diabetes and type 2 diabetes are the most common forms.

Type-1-diabetes

In type 1 diabetes, the body's own immune system turns against the insulin-producing cells in the pancreas. This is why the body can no longer produce its own insulin with type 1 diabetes. A lifelong therapy is therefore necessary, mainly through the administration of insulin. In Germany, approximately 370,000 people live with type 1 diabetes, including about 32,000 children and adolescents. People with type 1 diabetes have to inject insulin right from the start in order to survive, because their bodies do not produce insulin. Therefore, they need the insulin for the rest of their lives. In this respect, it differs from type 2 diabetes, which progresses more slowly.

Type-2-diabetes

Around 90 percent of all people with diabetes suffer from type 2 diabetes. This was previously often referred to as "adultonset diabetes," but it also occurs in children and adolescents as a result of obesity and low physical activity. This form of diabetes is marked by a reduced effect of insulin (insulin

resistance). Initially, there may be an overproduction of insulin, which eventually leads to a relative insulin deficiency. In Germany, there are currently more than 6 million people with diabetes. This is an increase of 38 percent since 1998, and there are almost 1,000 new cases every day. The basic therapy for people with type 2 diabetes is to improve their lifestyle. Important aspects in this context are a healthy diet and regular physical activity with the aim of increasing fitness. In addition, these people should stop smoking and reduce their alcohol consumption.

People with type 2 diabetes should eat a balanced and healthy diet. Nutritional counselling, for example, can be helpful. Overweight people with diabetes should reduce their weight by at least 10 percent to improve their metabolic situation. If the change in lifestyle is not enough, this treatment is supplemented with tablets. In the course of the disease, however, the insulin production of the pancreas decreases, which means that the insulin deficiency continues to progress in people with type 2 diabetes. The resulting changes in metabolism must then also be treated with insulin injections.

Type-3-diabetes (rare forms of diabetes)

The group of type 3 diabetes illnesses includes all causes of diabetes that cannot be classified as type 1 (insulin deficiency) or type 2 (loss of insulin action). The group of type 3 diabetes cases therefore includes very different diseases in which a diabetic metabolic illness occurs:

1. Disease of the pancreas

chronic pancreatitis (in flamed pancreas), cystic fibrosis, haemochromatosis. (iron storage disease)

2. Inherited genetic defects of the beta cells

MODY forms – impaired insulin secretion

3. Diseases of the hormonal system

Adrenal and thyroid diseases: Cushing's syndrome (excessive formation of the hormone cortisol), acromegaly (excessive formation of the growth hormone somatotropin), pheochromocytoma (hormonally active tumors, mostly from the adrenal medulla)

4. Disease caused by therapy

Corticosteroid therapy, neuroleptics, alpha-interferon, pancreas surgery

5. Other genetic defects

Defects in insulin action or mitochondrial DNA, Wolfram syndrome. (rare neurodegenerative disease)

6. Rare forms of diabetes due to an autoimmune disorder

Stiff person syndrome (neurological disease, mostly affecting the back and hip muscles), anti-insulin receptor antibodies

Type-4-diabetes (gestational diabetes)

Gestational diabetes is a type of diabetes that occurs during pregnancy. Normally, it disappears again after the birth of the child. However, both mother and child have an increased risk of developing type 2 diabetes in the course of their lives. The children are also more likely to become overweight

Every year, about 35,000 women are diagnosed with gestational diabetes. In the last 15 years, gestational diabetes has increased 4.5-fold



Women with gestational diabetes can treat it with medication, eat a healthy diet and exercise to regulate their blood sugar levels during pregnancy. Undetected gestational diabetes increases the risk of pre-eclampsia during pregnancy. Due to the high birth weight of the babies, birth injuries may also be more common during delivery. If you have already had gestational diabetes, your risk of getting it again in a later pregnancy increases to about 60 percent.

Gestational diabetes usually manifests itself between the 24 th and 28 th week of pregnancy.

The reason: pregnancy hormones, which are secreted more frequently in the second half of pregnancy, counteract insulin and thus inhibit its action. The pregnant woman therefore needs more insulin than usual.

During normal pregnancy, insulin secretion of the pancreas increases by up to four times the normal production. This is how the pancreas tries to meet the changed metabolic demands. When the body is no longer able to produce enough insulin, blood sugar levels rise and gestational diabetes develops.

Comorbidities and secondary diseases

Comorbidities

High blood pressure, diseases of the retina and increased blood lipids are among the most common comorbidities of diabetes type 1 and type 2. This is why you should visit your doctor regularly for check-ups to reduce your risk of secondary diseases associated with diabetes mellitus, and your doctor can detect existing diseases at an early stage. Often, secondary diseases also help in the early detection of type 2 diabetes.

Secondary diseases

Diabetes mellitus can lead to numerous secondary diseases. The likelihood of this is already increased in the preliminary stages of diabetes. It is also a fact that the first ten years of diabetes and the quality of blood sugar control determine the risk of secondary diseases. Therefore, it is important to recognise the metabolic disorder in time and to treat it optimally.

Depending on the duration of the disease, the long-term metabolic control and other risk factors such as family history, high blood pressure, lipid disorders or smoking, many people with

diabetes develop serious secondary diseases over time. These include coronary heart disease, heart failure, circulatory disorders of the brain, kidneys or legs.

The earlier diabetes is diagnosed and treated, the lower the risks for secondary diseases and for the occurrence of complications, which affect the cardiovascular system in particular.

A distinction is made between macroangiopathy, a disease of the large arteries in the brain, heart (coronary arteries) and legs, and microangiopathy, a disease of the smaller blood vessels with possible damage to the kidneys (nephropathy), the retinae of the eyes (retinopathy), the nerves (neuropathy), the brain and the heart muscle. For both forms of diabetic angiopathy, the duration of manifest diabetes, the quality of metabolic control and certain risk factors play an important role.

Information on the Internet

Further information, brochures, flyers and leaflets on diabetes care, prevention and health promotion can also be downloaded from the following websites:

Diab, the diabetes information portal

www.diabinfo.de

The independent diabetes portal

www.diabsite.de

Patient information

(in several foreign languages and in simple language)

www.patienten-information.de

DBW, Baden-Württemberg Diabetics Association

www.diabetiker-bw.de

German Diabetes Aid

www.diabetesde.org

German Diabetics Association

www.diabetikerbund.de

German Diabetes Society

www.deutsche-diabetes-gesellschaft.de

DZD, German Centre for Diabetes Research

www.dzd-ev.de

German Nutrition Society

www.dge.de

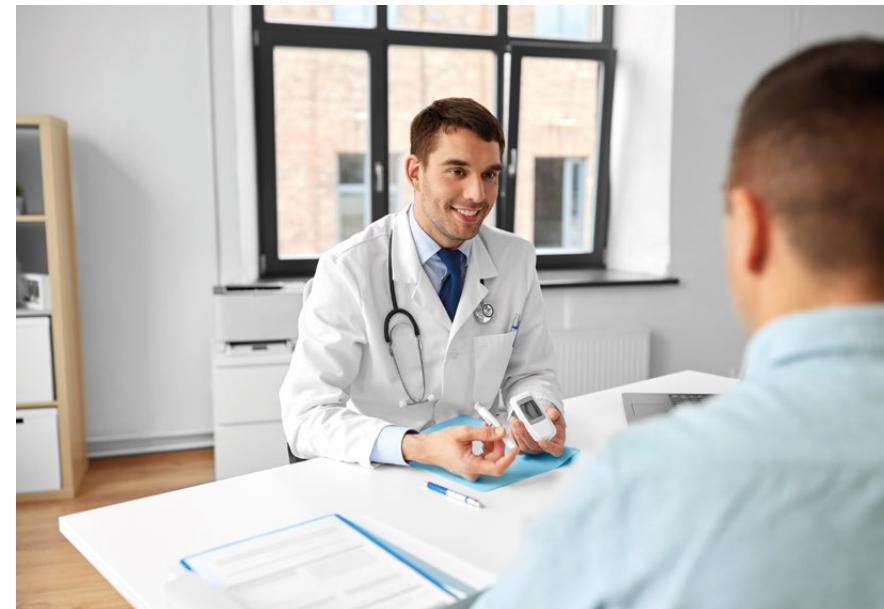
German Diabetes Federation

www.ddf.de.com

Care

Diabetologists

According to Deutsche Diabeteshilfe, diabetologists are medical specialists who took the appropriate further training to qualify themselves in the field. They diagnose and treat all types of diabetes, carry out preventive examinations for secondary diseases and take care of diseases that are often closely related to diabetes, such as high blood pressure and extreme obesity.



Specialist Group Medical Practice for Diabetology

Dr. Isabelle Adams and Dr. med. Sabine Schumacher-Herold

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Steubenstraße 52 – 54 and Handschuhsheimer Landstraße 55
69121 Heidelberg

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www.internistinnen-hd.de

Foreign languages spoken

English, French, Spanish

Specialist Group Practice for Endocrinology, Diabetology and Nuclear Medicine

Dr. med. Caroline Schirpenbach
Dr. Dr. med. Michael Mendler
Dr. med. Johanna Zemva
Priv.-Doz. Dr. med. Gudrun Leidig-Bruckner

Address

Brückenstraße 21
69120 Heidelberg

Contact

Phone +49 6221 439090
info@raue-praxis.de
www.endokrinologen-heidelberg.de

Foreign language spoken

English, Turkish, Russian

Specialist group practice

Dr. med. Michael Freudenberg
Internist and diabetologist DDG

Address

Heinrich-Fuchs-Straße 5
69126 Heidelberg

Contact

Phone +49 6221 31350
info@praxis-rohrbach-markt.de
www.praxis-rohrbach-markt.de

Foreign language spoken

English

Practice for Hormone and Metabolic Diseases Heidelberg Metabolic Centre

Prof. Dr. Per Humpert
Prof. Dr. Michael Morcos
Prof. Dr. Erhard Siegel
MUDr. Virginia Kamvissi-Lorenz
Dr. Dimitrios Oikonomou
Dr. Cornelia Metzner

Address

Landhausstraße 25
69115 Heidelberg

Contact

Phone +49 6221 416280
heidelberg@swzrp.de
www.stoffwechselzentrum-heidelberg.de

Foreign languages spoken

English, French, Greek



Diabetes clinics

Diabetes clinics are specialised clinics where people suffering from diabetes are admitted as inpatients.

St. Josefs hospital DDG-certified diabetes centre**Address**

Landhausstraße 25
69115 Heidelberg

Contact

Phone +49 6221 526406
sek-gastroenterologie@
st.josefskrankenhaus.de
www.st.josefskrankenhaus.de

Foreign language spoken

English

**Heidelberg University Hospital
Department of Endocrinology,
Metabolism and Clinical Chemistry
DDG-certified diabetes****Address**

Im Neuenheimer Feld 410
69120 Heidelberg

Contact

Phone +49 6221 568787
stoffwechsel@
med.uni-heidelberg.de
www.klinikum.uni-heidelberg.de

Foreign language spoken

English

Gestational diabetes care

Gestational diabetes care

Specialist Group Practice for Endocrinology, Diabetology and Nuclear Medicine

Dr. med. Caroline Schirpenbach
Dr. Dr. med. Michael Mendler
Dr. med. Johanna Zemva
Priv.-Doz. Dr. med. Gudrun Leidig-Bruckner

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Brückstraße 21
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Foreign language spoken

English, Turkish, Russian

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www.internistinnen-hd.de

Foreign languages spoken

English, French, Spanish

Diabetes outpatient clinic at Heidelberg University Hospital

Clinic Director
Prof. Dr. Julia Szendrodi

Address

Im Neuenheimer Feld 410
69120 Heidelberg

Contact

Outpatient Phone
+49 6221 568787
Office phone +49 6221 568605
stoffwechsel@med.uni-heidelberg.de
www.klinikum.uni-heidelberg.de

Foreign language spoken

English

Practice for Hormone and Metabolic Diseases Heidelberg Metabolism Centre

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Prof. Dr. Michael Morcos
Prof. Dr. Erhard Siegel
MUDr. Virginia Kamvissi-Lorenz
Dr. Dimitrios Oikonomou
Dr. Cornelia Metzner

Address

St. Josef's Krankenhaus Heidelberg
Landhausstraße 25
69115 Heidelberg

Contact

Phone +49 6221 416280
heidelberg@swzrp.de
www.stoffwechselzentrum-heidelberg.de

Foreign languages spoken

English, French, Greek

St. Josef's Hospital

DDG-certified Diabetes Centre Day Clinic

Clinic Director
Prof. Dr. Erhard Siegel

Address

Landhausstraße 25
69115 Heidelberg

Contact

Phone +49 6221 526406
tagesklinik@st.josefskrankenhaus.de
www.st.josefskrankenhaus.de

Foreign languages spoken

English, French

Child and adolescent diabetes care

Heidelberg University Hospital Centre for Paediatrics and Adolescent Medicine (Angelika Lautenschläger Clinic)

Address

Im Neuenheimer Feld 430
69120 Heidelberg

Contact

Phone +49 6221 564002

Diabetes Guides for children and adolescents

Specially trained contact persons for people with diabetes and their relatives

Contact

www.deindiabetesguide.de

DIAschulisch

Training programme for educators and teachers

Information for parents

Contact person

Anica Towae

Address

Karlstraße 49a
76133 Karlsruhe

Contact

Mobile +49 176 46790610
diaschulisch@diabetiker-bw.de
www.diabetiker-bw.de

Project manager

Reiner Hub

Contact

Phone +49 7941 61615
r.hub@diabetiker-bw.de

WoundCareCenter – Wound Care

As outpatient wound care center our specialist team is trained in wound care management, tending to and treating chronic and difficult to heal wounds professionally.

WoundCareCenter Heidelberg

Isabel Tombarge

Contact

Berthold- Mogel- Straße 1
69126 Heidelberg
Phone +49 6221 7739746
isabel.tombarge@wundzentren.de
www.heidelberg@wundzentren.de

Foreign language spoken

English

Foot Clinics

Foot clinics are certified foot treatment facilities where an interdisciplinary team consisting of doctors with different specialisations, podiatrists, diabetes advisors and diabetes assistants as well as orthopaedic shoemakers treat patients with diabetic foot problems.



! In case of emergency, you can always call the foot emergency number:
Phone +49 180 3123406

Heidelberg University Hospital Department of Endocrinology, Metabolism and Clinical Chemistry DDG-certified foot clinic

Address
Im Neuenheimer Feld 410
69120 Heidelberg

Contact
Phone +496221 568787
www.klinikum.uni-heidelberg.de

St. Josef's Hospital DDG-certified foot treatment centre

Address
Landhausstraße 25
69115 Heidelberg

Contact
Phone +49 6221 526879
sek-gastroenterologie@st.josefskrankenhaus.de
www.st.josefskrankenhaus.de

Podiatrists

Podiatrists are state-certified specialists for medical foot care. Here, diabetics receive the necessary special treatments. Under certain conditions, the costs of medical foot treatment can be reimbursed, e. g. in the case of diabetic foot syndrome. Doctors can also order medical treatment for certain symptoms. In order for the costs to be covered, the practice must be licensed by the health insurance fund.

Podologie Herger

Petra Herger

Address

Kranichweg 11
69123 Heidelberg

Contact

Phone +49 6221 4274945
mail@podologie-herger.de

Foreign language spoken

English

Podologie and Physiotherapy

Hugo Schoeller

Address

Franz-Knauff-Straße 2 – 4
69115 Heidelberg

Contact

Phone +49 6221 26382
hugo_schoeller@t-online.de
www.physiotherapie-schoeller.de

Foreign language spoken

English

Orthopaedic shoemakers

Orthopaedic shoemakers specialise in the manufacture of orthopaedic aids for the foot. With their specialist training and corresponding further training, they are qualified to correctly care for the feet of diabetics. They produce orthopaedic shoe inserts or custommade shoes to relieve pressure on the diabetic foot, in order to permanently prevent wound healing disorders or even amputations, especially in the case of high-risk feet.



ComfOrtho Foot Centre Heidelberg

Axel Doppelb

Address

Gaisbergstraße 91
69115 Heidelberg

Contact

Phone +49 6221 21781
info@comfortho.de
www.comfortho.de

Foreign language spoken

English

Orthopädieschuhtechnik Krieger

Maisch Orthopädie Technik Zentrum GmbH

Address

Im Schuhmachergewann 10
69123 Heidelberg

Contact

Phone +49 6221 82020
info@maisch-heidelberg.de
www.maisch-info.de

Orthopädieschuhtechnik Krieger

Holger Krieger

Address

Bahnhofstraße 47
69115 Heidelberg

Contact

Phone +49 6221 23026
holgerkrieger@gmx.de
www.krieger-heidelberg.de

Foreign languages spoken

English, Italian, Romanian

Courses and consultations

Courses for diabetics

The courses provide important information, practical tips and applications on the subject of diabetes mellitus. Among other things, the courses focus on proper nutrition and blood sugar control. Participation in the courses, to which every patient is entitled, should enable those affected to master their everyday life independently and to deal with their disease in the best possible way.



**Heidelberg University Hospital
Department of Endocrinology,
Metabolism and Clinical Chemistry
DDG-certified diabetes
centre**

Address

Im Neuenheimer Feld 410
69120 Heidelberg

Contact

Phone +49 6221 568787
stoffwechsel@med.uni-heidelberg.de
www.klinikum.uni-heidelberg.de

Foreign language spoken

English

**Specialist Group Practice for
Endocrinology, Diabetology and
Nuclear Medicine**

Dr. med. Caroline Schirpenbach
Dr. Dr. med. Michael Mendler
Dr. med. Johanna Zemva
Priv.-Doz. Dr. med. Gudrun
Leidig-Bruckner

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Contact

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www.endokrinologen-heidelberg.de

Foreign language spoken

English, Turkish, Russian

Diabetes counselling

Dr. med. Michael Freudenberg
DDG Diabetologist

Address

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69126 Heidelberg

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www.praxis-rohrbach-markt.de

St. Josef's Hospital

DDG-certified Diabetes Centre

Day Clinic

Address

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69115 Heidelberg

Contact

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tagesklinik@st.josefskrankenhaus.de
www.st.josefskrankenhaus.de

**Specialist Group Medical
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69121 Heidelberg

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Phone +49 6221 392950
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www.internistinnen-hd.de

Foreign languages spoken

English, French and Spanish

Nutritional consultation

Eating right plays a central role in the treatment of diabetes. This is why it is important that those affected are well informed. Nutrition counsellors provide relevant information, advice and support in changing eating habits.



**Heidelberg University Hospital
Department of Endocrinology,
Metabolism and Clinical
Chemistry DDG-certified
diabetes centre**

Address

Im Neuenheimer Feld 410
69120 Heidelberg

Contact

Phone +49 6221 568787
stoffwechsel@med.uni-heidelberg.de
www.klinikum.uni-heidelberg.de

Foreign language spoken

English

Individual diet counselling

Rebecca Steiner

Address

Schröderstraße 31
69120 Heidelberg

Contact

Phone +49 176 16818218
r.steiner@dr-ambrosius.de
www.dr-ambrosius-rheinneckar.de

Foreign languages spoken

English, French

Fortuna Pharmacy Heidelberg

Jochen Völker

Address

Kurfürstenanlage 36
69115 Heidelberg

Contact

Phone +49 6221 585070
info.heidelberg@apothekefortuna.de
www.fortuna-apotheke-heidelberg.de

Foreign languages spoken

English, Russian

Diet therapie & counselling

Cristina Witthöft

Address

Furtwänglerstraße 40
69121 Heidelberg

Contact

Phone +49 6221 1368993
info@ernaehrungsberatung-heidelberg.de
www.ernaehrungsberatung-heidelberg.de

Foreign languages spoken

Romanian, English

Holistic health coaching

Daniela Dittler

Address

Hans-Thoma Straße 33
69121 Heidelberg

Contact

Phone +49 170 1646319
dittler@gesundheitscoach-heidelberg.com
www.gesundheitscoach-heidelberg.com

Pharmacies focusing on diabetes

These pharmacies offer advice on diabetesrelated issues.



Stadtmarkt Pharmacy

Dr. Rogério Keil

Address

Im Weiher 14
69121 Heidelberg

Contact

Phone +49 6221 5029790
apotheke-im-stadtmarkt@
heidelberg-vital.de
www.oststadt-apotheke.de

Foreign languages spoken

English

Römer Pharmacy

Dr. Christian Schreck

Address

Römerstraße 58
69115 Heidelberg

Contact

Phone +496221 28534
roemer-apotheke-hd@t-online.de
www.roemer-apotheke-hd.de

Foreign languages spoken

English, French, Spanish

Rosen Pharmacy an der Tiefburg

Stefan Keidel

Address

Dossenheimer Landstraße 8
69121 Heidelberg

Contact

Phone +496221 480800
info@rosenapotheke-heidelberg.de
www.rosenapotheke-heidelberg.de

Foreign languages spoken

English, French, Spanish

Hasenleiser Pharmacy

Micha Lea Schutz-Krause

Address

Freiburger Straße 21 – 23
69126 Heidelberg

Contact

Phone +49 6221 303210
info@hasenleiser-apotheke.de
www.hasenleiser-apotheke.de

Foreign languages spoken

English, Russian, Romanian

Psychological counselling

Psychologists who have undergone further training can advise and support those affected in the everyday challenges that a chronic disease such as diabetes entails.

**Heidelberg University Hospital
Department of Endocrinology,
Metabolism and Clinical
Chemistry DDG-certified
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Address

Im Neuenheimer Feld 410
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stoffwechsel@med.uni-heidelberg.de
www.klinikum.uni-heidelberg.de

Foreign language spoken

English

**Diabetes Centre
St. Josef's Hospital**
Dr. med. Edzard Schmidt
DGG Psychologist

Address

Landhausstraße 25
69115 Heidelberg

Contact

Phone +49 6221 526406
tagesklinik@st.josefskrankenhaus.de

**Freiraum Andrea Koch
Psychological counselling,
Diabetes Coaching**

Address

Märzgasse 14
69117 Heidelberg

Contact

Phone +49 179 7664397
beratung@ak-freiraum.de
www.ak-freiraum.de

Self-help groups

In self-help groups, people with the same concerns, for example a chronic disease, come together to exchange ideas and to strengthen and support each other. They are self-organised and voluntary associations.



Heidelberg Self-Help Office

Address

Alte Eppelheimer Straße 40/1
69115 Heidelberg

Contact

Phone +49 6221 184290
info@selbsthilfe-heidelberg.de
www.selbsthilfe-heidelberg.de

SHG

"Parents of diabetic children"

Contact

Ulrike Gerhard
u.gerhard@uni-heidelberg.de

Information also available from

Dorothee Schulz
Phone +49 6221 602156
d.sch.hd@t-online.de

DBW Diabetiker Baden-Württemberg e. V.

HD Diabetics Meeting
Dorothee Schulz

Contact

Phone +49 6221 602156
d.sch.hd@t-online.de
www.diabetiker-bw.de

Contact person

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chcomtesse@t-online.de

Bettina Butzke
Phone +49 6203 961665
b.butzke@diabetiker-bw.de
www.diabetiker-bw.de

Obesity-associated diabetes mellitus Heidelberg Obesity

Self-Help Group
p. p. Petra Eberle

Contact

Phone +49 1520 5323407
info@shg-heidelberg-adipositas.com

Foreign languages spoken

English, French

Working Group of Pancreatectomised Persons (AdP)

Contact

Andrea Raih
adp-heidelberg@adp-bonn.de
Andrea Wiemer
Phone +49 1525 2800948
www.bauchspeicheldruese-pankreas-selbsthilfe.de

Sport and recreation

Diabetes rehabilitation sport

Participation in a rehabilitation sport programme must be prescribed by a doctor. The doctor will recommend the appropriate type of sport and formulate the rehabilitation goal. Qualified rehabilitation sport offers as well as the question of cost coverage can be asked at the responsible health insurance company.

**STZ Sports Therapy
Training Centre
Training Planning for Diabetics**
Henning Plum

Address
Im Weiher 12
69121 Heidelberg

Contact
Phone +49 6221 470266
info@stz-heidelberg.de
www.stz-heidelberg.de

Foreign language spoken
English

Holiday camps for children, adolescents and young adults with type 1 diabetes

In various sports camps, children, adolescents and young adults learn how to manage their diabetes under extraordinary conditions and strengthen their selfconfidence.



2-week Diabetes Training Camp
CJD Berchtesgaden – Diabetes
Centre
Michael Lohner
Address
Buchenhöhe 46
83471 Berchtesgaden
Contact
Phone +49 8652 6000128
michael.lohner@cjd.de
www.cjd-berchtesgaden.de
Age
Children and adolescents

CampD
Novo Nordisk Pharma GmbH
Christina Maruhn
Contact
Phone +49 6131 9031391
camp-d@novonordisk.com
www.campd.info
Age
16 from to 25 years
Foreign language spoken
English

Leisure program
DBW Office
Contact
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List of sources

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