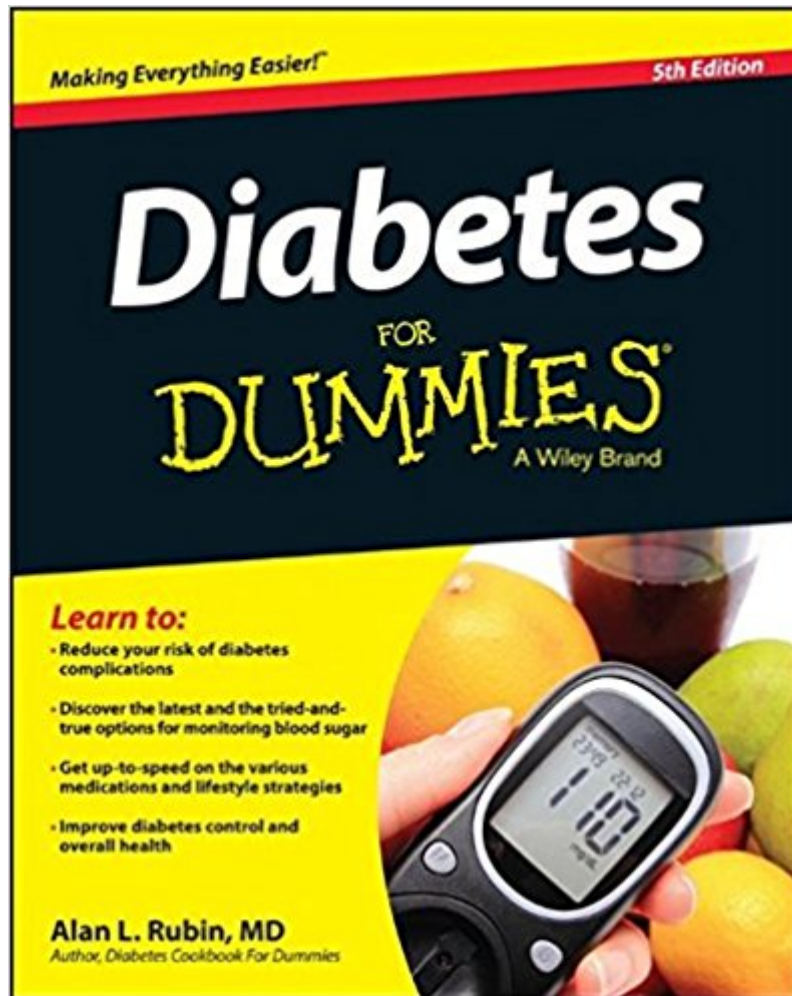




The book was found

Diabetes For Dummies



Synopsis

The straight facts on treating diabetes successfully With diabetes now considered pandemic throughout the world, there have been enormous advances in the field. Now significantly revised and updated, this new edition of *Diabetes For Dummies* includes the latest information on diabetes medications and monitoring equipment, new findings about treating diabetes in the young and elderly, new ways to diagnose and treat long- and short-term complications, updated nutritional guidelines, new tools for measuring blood sugar and delivering insulin to the body, and much more. There's no question that the burden of diabetes is increasing globally: it's estimated that 387 million people worldwide are living with diabetes, and that staggering number is expected to increase an additional 205 million+ by 2035. If you or a loved one is part of this overwhelming statistic, you can take comfort in the sensitive and authoritative information provided in this hands-on guide. From monitoring and maintaining your glucose to understanding the importance of exercising and eating rightâ and everything in betweenâ *Diabetes For Dummies* takes the guesswork out of living with diabetes and empowers you to take control and keep your life on a healthy track. Reduce your risk of diabetes complications Discover the latest and the tried-and-true options for monitoring blood sugar Get up to speed on the various diabetes medications and lifestyle strategies Improve diabetes control and overall health If you're one of the millions of diabetics or pre-diabetics in search of an accessible and up-to-date resource to help you manage this disease, *Diabetes For Dummies* is the trusted guide you'll turn to again and again.

Book Information

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Customer Reviews

Learn to: Reduce your risk of diabetes complications Discover the latest and the tried-and-true options for monitoring blood sugar Get up to speed on the various medications and lifestyle strategies Improve diabetes control and overall health Take control of your health—and manage and treat diabetes successfully If you're diabetic or prediabetic, you'll take comfort in the authoritative information in this hands-on guide. From monitoring and maintaining your glucose to understanding the importance of exercising and eating right, *Diabetes For Dummies* takes the guesswork out of living with diabetes and empowers you to keep your life on a healthy track. Demystify diabetes; recognize the various types of diabetes, find sensitive guidance on coping with a diagnosis, and discover how to maintain a high quality of life Thrive with diabetes; discover how to self-test for glucose, tackle what you should eat, create your exercise plan, use medications successfully, and get the scoop on metabolic surgery Live life well; find out how to avoid short-term complications, ward off long-term complications, preserve sexual function, and protect pregnancy Take special note; get helpful guidance on managing diabetes in children and the elderly, find solutions to occupational and insurance problems, and discover the latest advances in diabetes care Open the book and find: The anatomy behind diabetes Advice on creating a team to help you manage your diabetes More about metabolic surgery, a possible cure for some diabetics Why the Mediterranean diet is one of the best diet/lifestyles for diabetics Ten ways to prevent or reverse the effects of diabetes Myths about diabetes that you can forget Diabetes-friendly recipes

Alan Rubin, MD, is the author of *Diabetes Cookbook For Dummies*, *Type 1 Diabetes For Dummies*, *Prediabetes For Dummies*, *High Blood Pressure For Dummies*, *Thyroid For Dummies*, and *Vitamin D For Dummies*. He is a professional member of the Endocrine Society and American Diabetes Association.

I didn't realize this was a mini edition. If you are looking for in depth information, I would skip this edition. It was well written and did include good information for recently diagnosed diabetics.

Been wanting this book for a while but not many book stores left. Found it on . Like with other ***** for Dummies books that I have purchased, I am satisfied.

Very informative. My husband was recently diagnosed with type 2 diabetes and I know nothing

about it. I feel very informed now.

Wife wanted this book. It is OK, but the "Diabetes and Carb Counting" book has more info that she would need.

Just started in on it. These Dummies books are some of the best.

Just what the doctor ordered Great information, useful for the diabetic as well as the family members wishing to give the best possible assistance.

Gives you the straight info and helps those new to the condition great information for staging your diabetes and helping to contain it or improve it.Excellent read. You'll be glad you did.

This book has just enough information to answer your questions. Then you are interested in finding out more specific details and begin a more refined search about Diabetes.

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