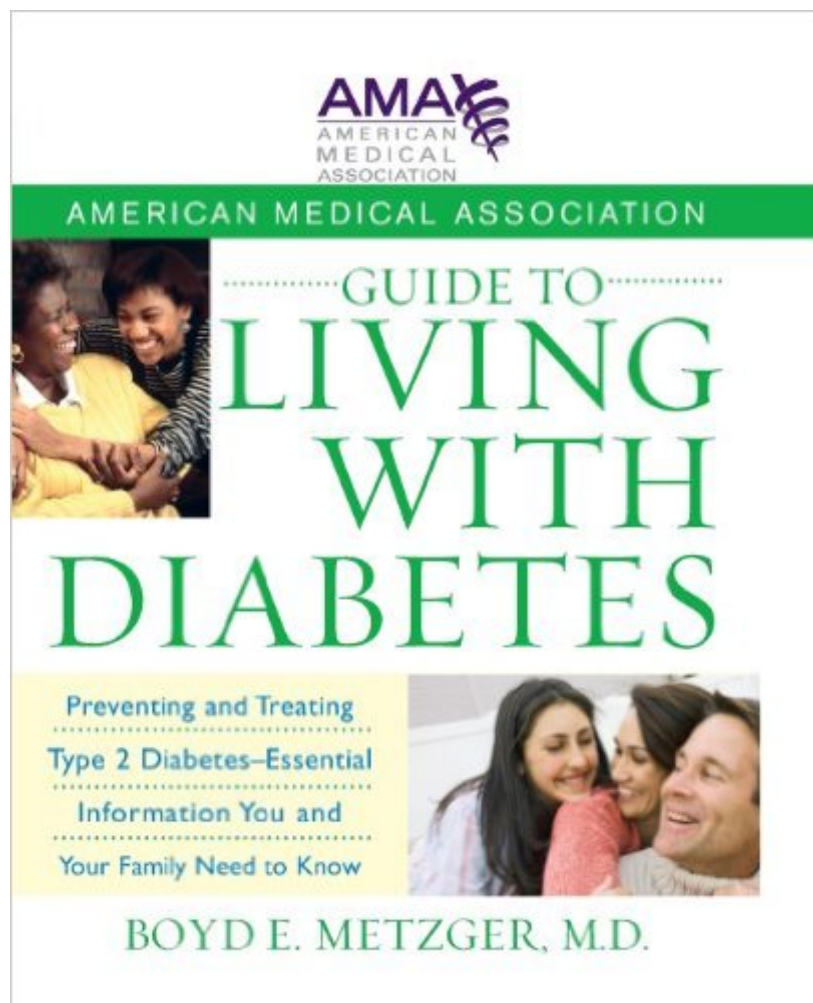


The book was found

American Medical Association Guide To Living With Diabetes: Preventing And Treating Type 2 Diabetes - Essential Information You And Your Family Need To Know



Synopsis

More Than 3 Million American Medical Association Books Sold From America's Most Trusted Health Authority, the Ultimate Guide to Understanding, Preventing, and Managing Type 2 Diabetes Millions of Americans have type 2 diabetes, and millions more are at risk of developing the disease. The good news is that it is both preventable and treatable. In the American Medical Association Guide to Living with Diabetes you'll learn everything you need to know to prevent type 2 diabetes, take control of it if you already have it, and reduce your risk of life-threatening complications. This book provides clear, easy-to-understand explanations of what type 2 diabetes is, what causes it, and how to determine if you are at risk. You'll find a detailed, easy-to-follow program for preventing diabetes by eating a healthy diet, exercising regularly, and reaching and maintaining a healthy weight. If you are living with diabetes, this invaluable guide offers in-depth explanations of the recommended lifestyle changes that can help you manage the disease, stressing the importance of rigorous testing and control of your blood sugar to avoid complications. You will learn about the available medications for treating diabetes and about alternative and complementary therapies. The book also includes sections on gestational diabetes and the increasing threat that type 2 diabetes poses to at-risk children. By following the recommendations and guidelines in the American Medical Association Guide to Living with Diabetes, you can reduce or eliminate the symptoms, avoid or minimize the risk of serious complications, and become more physically fit, energetic, and alert. In fact, there's no reason you can't be healthier than you've ever been.

Book Information

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Customer Reviews

I bought this book for my 71 year old mother who was newly diagnosed with Diabetes, and she loved it. She found it extremely informative and easy to follow.

The average doctor does not offer the full help that a diabetic really needs. So you sit out on this log ready to fall if you do not seek further. Not only do doctor's not help they often don't even bother to give you a direction. I do not think any one book is an answer either, but certainly the American Diabetic Association has an obligation to fill that large hole left by the medical profession. Go for it.

The book is very interesting on showing how to control diabetes. I liked it even though I did not read it cover to cover. Just read it for the info that pertained to me.

arrived in good shape will enjoy reading

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