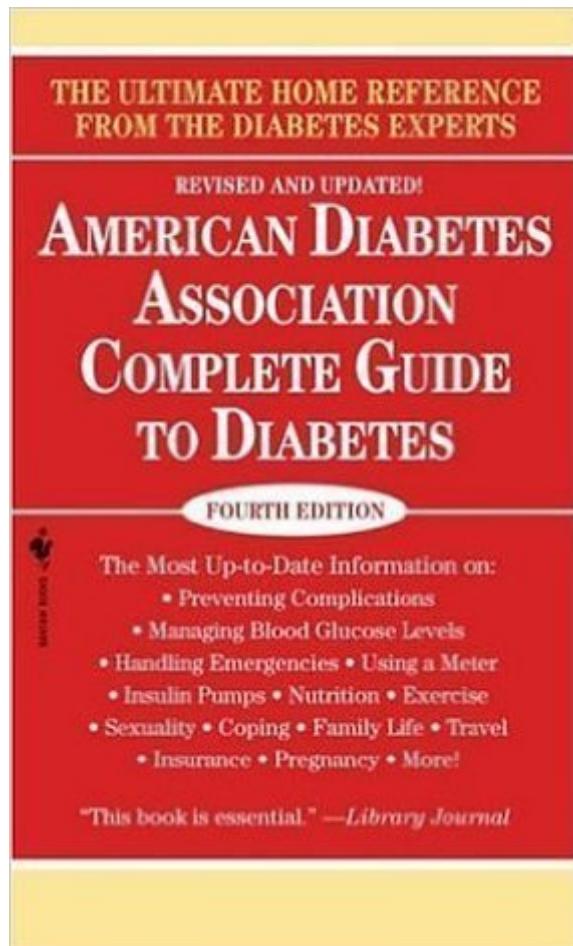


The book was found

American Diabetes Association Complete Guide To Diabetes



Synopsis

The most complete self-care guide available from the leaders in diabetes information. The most up-to-date information on: • New Diabetes Drugs and Insulin • Achieving Blood Sugar Control • Preventing Complications • Handling Emergencies • Testing • Using a Meter • Insulin Pumps • Nutrition • Exercise • Sexuality • Pregnancy • Insurance • And Much, Much More. The American Diabetes Association, the nation's leading health organization supporting diabetes research, information, and advocacy, has revised this one-volume sourcebook to bring you all the information you need to live an active, healthy life with diabetes. This comprehensive home reference gives you information on the best self-care techniques and latest medical breakthroughs. No matter what type of diabetes you have, this extraordinary guide will answer all your questions. Find out how to: • Choose the best health-care team for you • Maintain tight control over blood glucose levels • Buy, use, and store insulin • Recognize warning signs of low blood sugar • Design an effective exercise and weight-loss plan • Save money on supplies • Maximize insurance coverage • Balance family demands and diabetes • And more

Book Information

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Customer Reviews

I have had diabetes for quite a few years, but recently was promoted to insulin status. I have been searching for a single source of information that was both simple and yet included more technical details of what was going on. The book does a very credible job of both for many aspects of

diabetes. As an example, it provides a description how insulin works at the body and cell level, the effects of exercise, diet, timing, lifestyle, and many of the other factors that affect blood glucose levels. The descriptions start at a high level (e.g. exercise uses glucose in the blood, so levels tend to drop) to a more theoretical discussion of insulin interacting at the cellular level within your body and how your liver and other organs react. The same type of treatment is also provided for other subjects, ranging from what to do when you are sick; sex and libido issues; diet; types of insulin; managing diabetes around sports, exercise, work, travel, stress, family, entertaining; interaction of factors; complications of high and low sugars; and a bunch more. In short, there are no doubt books which cover individual aspects of any part of diabetes with more detail and rigor, but if you want one book that does a very credible job on most of the topics, this is a good choice. PROS: Very readable. Well organized- individual topics are fairly well indexed and broken down by topic, and for each topic, the discussion breaks down how this might affect different portions of the population (e.g. Type1, Type2, Gestational). Seems to be written by people who both have actual experience as diabetics and real medical knowledge. Does not have the latest fads.

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