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Diabetes: Your Complete Handbook to Living Healthfully with Diabetes Type 2 (Paperback)

By Virginia Valentine R.N., June Biermann, Barbara Toohey

Penguin Putnam Inc, United States, 2008. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. An up-to-the minute, whole-life guide to living with and managing type 2 diabetes, the fastest-growing form of the disease in the United States and around the world. With 1.5 million new cases diagnosed each year, diabetes is a certified American epidemic 7 percent of the U.S. population will be diagnosed with diabetes in their lives, with type 2 diabetes the fastest-growing form of the disease. In Diabetes: The New Type 2, a registered nurse specializing in diabetic ailments and two diabetes educators (two of whom are diabetics themselves) deliver medical and lifestyle advice with good humor, high energy, and straight talk. This update of their classic Diabetes Type 2 and What to Do is filled with essential information on the latest developments in leading a healthy, happy life with type 2 diabetes. Learn about the basics of maintaining good physical and emotional health, the most current diabetes studies and information, as well as: . Breakthroughs in medication, diet, and exercise to maintain healthy glucose levels . Lowering your risk for heart attacks, strokes, and other diabetes-related health conditions . Caring...



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Reviews

Simply no words and phrases to clarify. It really is full of knowledge and wisdom You wont feel monotony at at any moment of the time (that's what catalogs are for relating to when you question me).

-- Paolo Spinka

A top quality publication and also the font employed was interesting to learn. It is really simplistic but excitement within the fifty percent from the book. Its been designed in an remarkably basic way in fact it is only following i finished reading this pdf where in fact changed me, modify the way i believe.

-- Rachel Stiedemann