



The Joslin Guide to Diabetes: A Program for Managing Your Treatment

By Richard S. Beaser M. D.

Fireside Books. Paperback. Book Condition: New. Paperback. 448 pages. Dimensions: 9.1in. x 6.1in. x 1.1in. An indispensable, up-to-date resource for managing your diabetes from the global leader in diabetes research, care, and education. Finding out that you have diabetes immediately raises questions about the condition, its treatment, and its impact on your future. Why did I get diabetes? What will I have to do to treat it? How will my future health be affected by having diabetes? What will my life be like? Getting accurate answers to these and many other questions will determine how well you are able to live with diabetes. This completely updated edition of The Joslin Guide to Diabetes will help provide the answers you need. It's an easy-to-understand resource that explains not only the types of diabetes treatment but also every aspect of diabetes self-management, including: Meal planning and carbohydrate counting; Monitoring blood glucose; Administering insulin and taking oral medications; Treating high and low blood glucose; Using physical activity to help control diabetes, maintain good health, and reduce the chances of future problems; Successfully fitting diabetes into your lifestyle. Based upon research and the clinical experience of the world-renowned Joslin Diabetes Center and written by physician...

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-- Dana Hintz

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