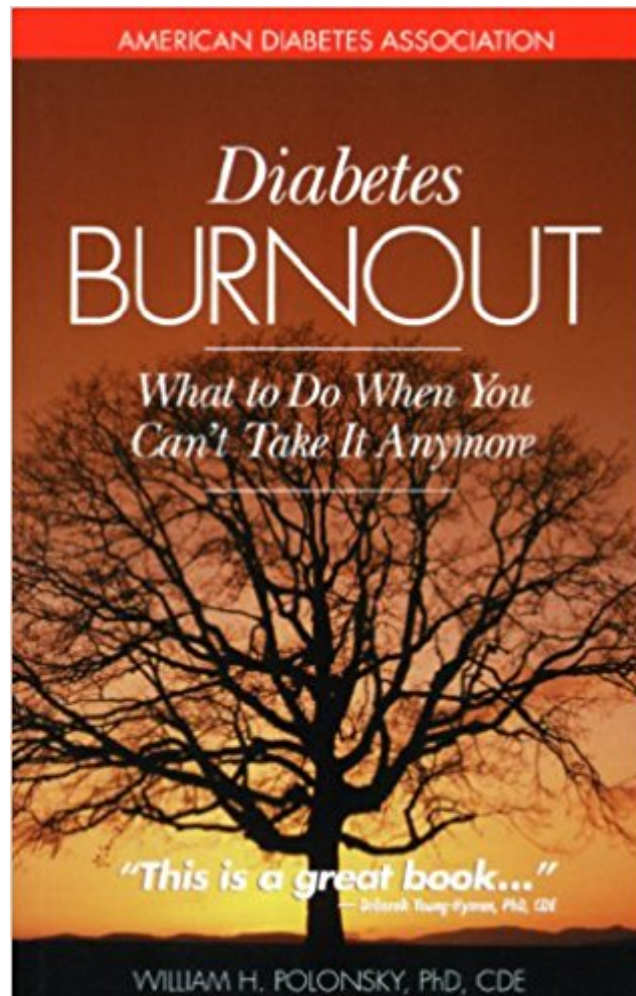




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Diabetes Burnout: What To Do When You Can't Take It Anymore



Synopsis

Living with diabetes is hard. It's easy to get discouraged, frustrated, and burned out. Here's an author that understands the emotional rollercoaster and gives you the tools you need to keep from being overwhelmed, addressing such issues as dealing with friends and family, and how you can better handle the stress for better health. Written with compassion and a sprinkle of humor.

Book Information

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Customer Reviews

The American Diabetes Association here attempts a more realistic tone in helping with the stresses of long-term management of the disease but doesn't even come close to addressing the anguish and uncertainty reported by recent authors with diabetes, and thus can't really help wrestle with those demons. Psychologist Polonsky adopts the persistently upbeat, encouraging tone that those with the illness have criticized (and that Butterfields *Showdown With Diabetes* and Roney's *Sweet Invisible Body*, for instance, so successfully avoided). "Is diabetes driving you crazy?" he asks brightly. "If so, welcome to the club! In fact, a very large club!" Polonsky's aim here is to overcome the burnout of managing an unending, often volatile disorder on a daily basis, and he does acknowledge at the outset two of the thorniest problems. Not even following medical directions to the letter will prevent crazy days when blood glucose levels rise or fall dramatically for no apparent reason"; even worse, "there may be scary days when minor or major complications suddenly appear. Polonsky advises self-testing to determine both the degree of burnout and the cause (from taxing self-care to relationships and other stressors), examines each cause in turn, and presents

coping mechanisms. There are some helpful suggestions here, but Polonsky's tone epitomized in the fable of the "Blood Sugar Fairy" who causes weird and wacky occurrences" like insulin shock is as repellent as a night nurse's whimsical cheer. For the establishment line, Touchette's The Diabetes Problem Solver is better; for context and consolation, try Butterfield and Roney. -- Copyright ©2000, Kirkus Associates, LP. All rights reserved.

Do you get depressed about having to deal with diabetes day in and day out? Do you worry about complications, get angry about the never-ending chore of self-care, and get frustrated by poor results when it feels like you've worked so hard? If so, you may be suffering from "diabetes burnout"--and you're not alone. This book addresses not only your frustrations, but also how burnout may contribute to poor self-care, high blood glucose, and later complications. A series of interactive questionnaires and self-evaluations guide you toward overcoming the barriers to good control. Worksheets help you to assess your motivational level and establish a successful plan of action. Diabetes Burnout addresses such issues as: • Ten good reasons to hate blood sugar monitoring (and what to do about them) • Worrying about long-term complications: the uses and misuses of fear • Depression and diabetes: a tough combination • Friends and family: the diabetes police • How stress influences diabetes (and what you can do about it) • And more! Don't let diabetes be in charge of you. Let Diabetes Burnout show you how to take charge of diabetes.

This book really helped me to understand what it is like for my 20 year old son to have diabetes. Although it does not offer suggestions on what someone (or their family) can do to cope with the various problems a young adult faces as they crave their independence from their parents, but still require help paying for their supplies and doctor visits...etc. My son maintained his A1c at 6.0 all the way until he graduated from high school, but then he decided he didn't really need to take care of his diabetes anymore once he left for college. He stopped seeing any value in managing his diabetes and before long he had A1c test results of 10.6 and the beginnings of diabetic kidney damage. As his parent, I found this book helpful because I could see that this is a common issue with young adults. I needed to know that. The book also made me realize that he has various things he has to grow through before he can come to grips with what he needs to do. It's very hard as his parent to watch him live like that, knowing that he could feel so much better...etc.

AWESOME book. I should be a must-
AWESOME book. A must read for every diabetic and family

member of a diabetic. All doctors who deal with patients with diabetes shouldn't make a copy available to their patients. I am a diabetic of about 20 years with uncontrolled blood sugars. I learned so much from this book that will help me.

The first thing that is important to point out that while Diabetes Burnout is published by the lobbying group that represents the interests of those who PROFIT from Diabetes, not those afflicted, THAT Dr. William H. Polonsky, DOESN'T REPRESENT THE ADA, at all and the book wasn't written for the ADA. Dr. Polonsky however started a clinic in California to help psychological issues of the grind of maintaining glucose levels as well as trains and lectures doctors from all over the globe to STOP BLAMING THE DIABETIC for the challenges and changes in dealing with Diabetes. Heck, after reading Diabetes Burnout, it was the first time I ever have had it acknowledged that my feelings that are natural about the challenge of ATTEMPTING to manage my Diabetes are natural and not some sign of weakness. Understand that the book was published in 1999 (I think), where there are some changes in the understanding of Diabetes and choices. I agree that the book is not perfect and that a few parts of it seem a little simplistic on working through the psychological issues dealing with the attempt to manage diabetes. But I would give it 10 stars if I could. It is the first and best book of its kind and Dr Polonsky does GREAT work on this subject. I have spoken to him because, I am immediately be suspicious of anything that comes out of the ADA. Dr Polonsky has never worked for, been paid by or been sponsored by the ADA. The publishing arm of the ADA just saw that they might make some money as publishers of the book. Just look at the 238 million received by the ADA last year and look at their funding sources. The ADA posts their "Golden Circle", those are entities that have given them over a million dollars in a year. Then look at those in the 500,000 group, etc. As you will see, the funds are from Large Pharm, Insurance companies and Cadbury Schwepps (sugar loaded candy and soda). Understand that the money they receive and spend on "research", just goes back to those in their "Golden Circle".

This book was suggested to me by a diabetes educator. I have been diabetic for twelve years and lost the desire, no the give a damn, about taking care of my diabetes. This book has good advice. For someone who needs to know what to do. For someone who needs a refresher. For someone who is ready to care again. However, for someone who has lost the will to take care of this health issue, it misses the mark. It did not make me care. It didn't fix my give a damn. It didn't give me back my gotta wanna. I also recommend that if you want this book, get it in book form, not Kindle form. It has quizzes and there is a lot of turning back and forth. A paper or hard cover book would be better for

this purpose.

Been reading this book to try and help me with my diabetes burnout. It is hard living a diabetic's life and I was hoping that this book would come with some good suggestions for help. Instead there is a lot of naming this feeling or that syndrome, and some suggestions for dealing with it, but it hasn't been a barn burner for me. The tests help me see where my problems are, but then the solutions that are given are somewhat half workable. If you are truly burnt out on your diabetes and its care, seek professional help. If you are like me and burnt out but still making it, this book can give you some workable suggestions along with helping you see where you have to work harder, but it isn't the best self help book I have read.

I have been Type 1 for 39 years, and "burnout" doesn't even begin to describe me. This book is encouraging, affirming, and gives you a non-threatening perspective on how you perceive yourself, others, emotions, and diabetes. He takes you through some checklists that are real eye-openers, and then with your "score" you read information on why you scored so high/low, and how you can get some help, or help yourself...or get a better more realistic perspective on things. Diabetes is a multifaceted disease, which not even endocrinologists can fully "appreciate." This book is worth every penny.

I bought this book for my husband and he said that it had some good topics about coping with diabetes and ways to improve one's health....overall very informative.

Fantastic book--picked up to use as reference for my diabetes classes. Patients enjoy the use of humor. Great author, couldn't recommend more

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