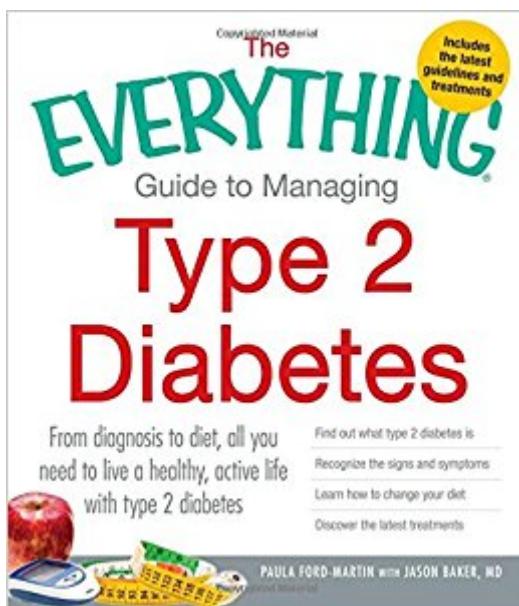


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# The Everything Guide To Managing Type 2 Diabetes: From Diagnosis To Diet, All You Need To Live A Healthy, Active Life With Type 2 Diabetes - Find Out ... Your Diet And Discover The Latest Treatments



## Synopsis

Diabetes is a complex disease--but learning about it shouldn't be! A Type 2 diabetes diagnosis can be daunting, but it is also manageable. With this all-in-one guide, you will get expert advice on establishing a healthier lifestyle and getting control of your diabetes. The Everything Guide to Managing Type 2 Diabetes provides easy-to-follow advice on all aspects of living with diabetes, and helps you:

- Recognize the symptoms of prediabetes and diabetes
- Monitor your blood glucose levels
- Learn about the types of insulin and insulin-delivery systems
- Understand the importance of nutrition and exercise
- Reduce the short- and long-term effects of diabetes

Filled with reliable advice and the latest information on medication, therapies, blood sugar monitoring, and more, this invaluable guide shows you how to take control of your diabetes and enjoy your life!

## Book Information

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## Customer Reviews

Paula Ford-Martin is an award-winning health writer and diabetes patient advocate. Her seven-year tenure as a senior story editor and executive producer on CNBC's dLifeTV--the first and longest-running primetime diabetes television show--garnered her twenty-six Telly Awards and an Emmy nomination. She is also the author of several health books, including The Everything Health Guide to Diabetes and The Everything Pregnancy Book, 3rd Edition. Ms. Ford-Martin has a master's degree in writing from DePaul University and is a member of the American Medical Writers Association (AMWA) and the American Diabetes Association (ADA). She lives in Old Saybrook, Connecticut, with her husband and four children. Jason Baker, MD, is currently an attending

endocrinologist and assistant professor of medicine at Cornell Medical College. He completed an internal medicine residency at New York University and a fellowship in diabetes, endocrinology, and metabolism at Albert Einstein College of Medicine/Montefiore Medical Center. Dr. Baker is involved in numerous global diabetes projects in Uganda, India, Qatar, and Haiti. He also serves as a contributing author to The Medical Letter and a contributing editor to dLife.com, a website devoted to living with diabetes.

Very helpful and informative, without being too overwhelming. There's SO much information - and misinformation - out there about Diabetes management, and this is one of the better books I've found. I'm also working closely with a clinical dietitian, and the things I'm learning from her are in this book.

Arrived promptly, in good condition and it is a very easy guide to Type 2 Diabetes. I was diagnosed over 3 years ago, but this still had a lot of information that I wasn't aware of even though I am signed up on several Diabetic websites. Very insightful and doesn't require being plugged into the internet to view.

Great book, words can not describe how good this book is. Helped me so much. Makes me cry, thinking Å Å- how it has helped me.

Very informative and well written.

Very good for non medical people

Bought for my mum. She said the book was too intense. It scared her about living with diabetes.

My wife gave this recently to a friend of hers who was diagnosed with Type2 Diabetes. It very helpful to her friend and helped her is knowing more about and who to do with this very challenging situation.

Extremely helpful book. It filled in the information gaps my doctor didn't have time to tell me. Written in language that non - medical people can understand.

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