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American Diabetes Association Complete Guide to Diabetes

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American Diabetes Association Complete Guide to Diabetes

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American Diabetes Association Complete Guide to Diabetes American Diabetes Association
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

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