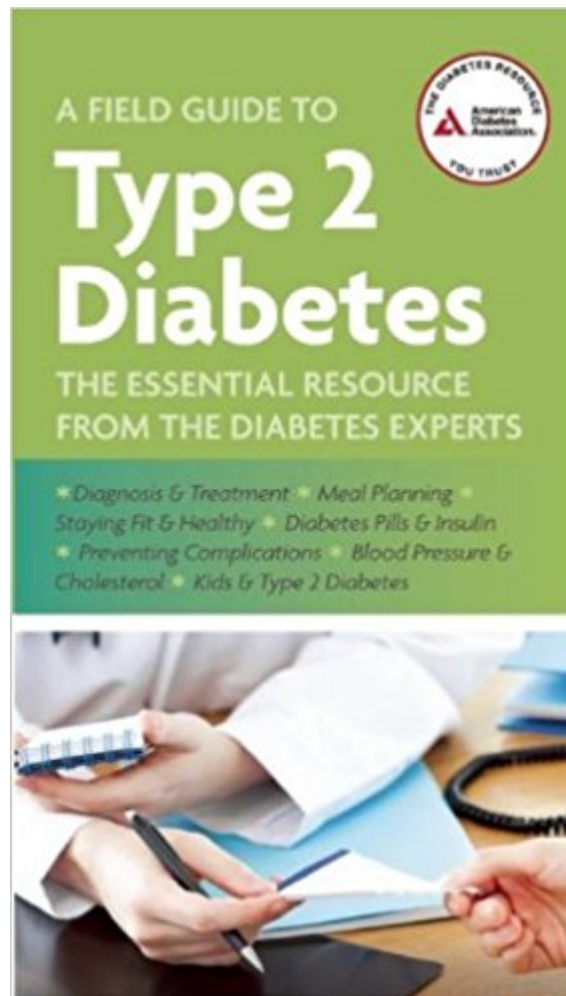




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# A Field Guide To Type 2 Diabetes



## Synopsis

An excellent book for the patient or family member. It is even more valuable to the diabetes educator who is trying to explain in simple terms a very complicated disease to someone without a medical background. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

Our most user-friendly guide to type 2 diabetes! Reading A Field Guide to Type 2 Diabetes is like sitting down with a friend and getting all your questions answered: "Why did I develop diabetes? What else can I do to improve my health besides taking pills? Do I need insulin? Do other people feel as scared as I do?" Bill Kearney, RPh, pharmacist and owner of North Lake Medical Pharmacy Inc., and co-host of Health Talk on KXBX Radio, Lakeport, California, says, "A Field Guide to Type 2 Diabetes is an excellent book for the patient or family member. It is even more valuable to the diabetes educator who is trying to explain in simple terms a very complicated disease to someone without a medical background." A Field Guide to Type 2 Diabetes is packed with information from the American Diabetes Association, the experts on diabetes care. Topics include: \* Meal planning. Losing just 10 pounds can make a big difference in your blood sugars, blood pressure, and cholesterol levels. Field Guide gives you practical tips for cutting calories. You'll also learn which foods raise blood sugars the most, and how to work these foods in to your meals. \* Immediate and long-term benefits of being more active. Did you know that something as simple as taking down your curtains may improve your blood sugars for the next several hours? \* How to

lower your blood pressure and improve your cholesterol levels. \* How to avoid the complications of diabetes. What tests your doctor should do to detect the earliest signs of complications. Best treatments to prevent the progression of kidney and eye problems. \* Women's issues: Pregnancy. The link between type 2 diabetes and infertility. How your medication needs may change during menopause. \* Kids with type 2. Should they use the same medications as adults? \* How you can help your children avoid type 2 diabetes. \* Stories from people who have type 2 diabetes. They, too, were scared and discouraged when they were first diagnosed. Find out the changes they made to improve their health and feel better than they have in years. --This text refers to an out of print or unavailable edition of this title.

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide --This text refers to an out of print or unavailable edition of this title.

Pretty good guide. Would like these books to be updated quicker than they seem to be. Not just newer copy right dates but the most up to date information and references. Otherwise....better than a lot and you can't go wrong with it in general terms. Also remember every individual has a different or slightly different situation and out come with diets and treatments when they are diagnosed with diabetes. Take care and remember what works for one doesn't always work for all.

its a very good book for a newly diagnosed diabetic patient like myself, it makes me have a very clear understanding what diabetic is all about and also the medicine used, and all the symptoms and everything else which revolves around this condition. i rate it 9/10 . it could be better if it have newer updates, as this is as old as 2004.

Book Review for Voice of the DiabeticVol. 19, #4, Fall Editionby Ruth Mencl, MN RN CDEDiabetes Program ManagerSaint Luke's Hospital, Kansas City, MOAugust 2nd, 2004American Diabetes Association. A Field Guide to Type 2 Diabetes: The Essential Resource from the Diabetes ExpertsThis book delivers as advertised. The format is similar to a travel guide, which makes it easy to find the destination (or topic) of choice and go directly to it. Tables and charts allow for a quick reference to facts about laboratory tests or medications. The addition of a personal touch, such as comments from actual patients on topics taken from the ADA web site, give it a unique focus as compared to other diabetes fact books.The Field Guide pays special attention to everyday issues

that people with diabetes face, such as finding medical services or dealing with a doctor who is not very interested in diabetes. These are issues that it might take several years for a patient to address, especially if they don't attend diabetes classes or support groups. This is a comprehensive resource, written by well-known diabetes experts, which serves as a good beginner's guide to the nuts and bolts of diabetes.

As a newly diagnosed diabetic I found this book to be the easiest to understand and most informative one I read. Everything was clearly written and I felt all pertinent topics were discussed.

"Written very clearly, though without illustrations, this is a straightforward, unemotional, comprehensive guide for both those newly diagnosed and those who have had diabetes for many years."-- Massachusetts General Hospital, Treadwell Library, Oct. 2004

"A Field Guide To Type 2 Diabetes provides a fine resource covering everything from initial diagnosis to common complications." -- Midwest Book Review

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