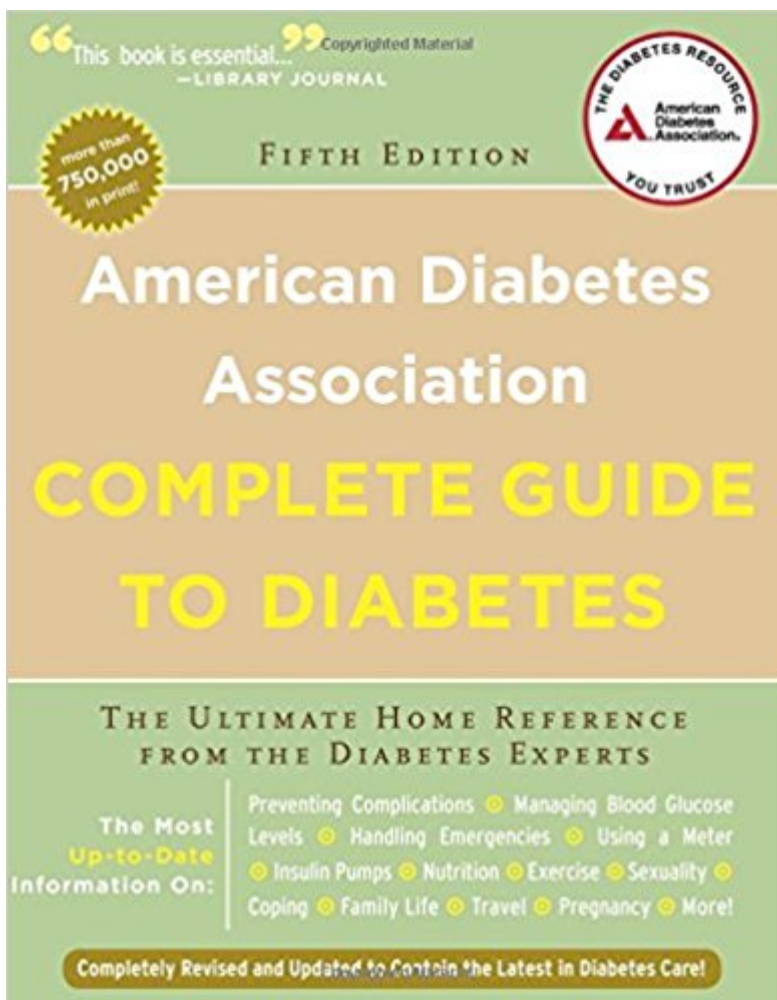


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# American Diabetes Association Complete Guide To Diabetes: The Ultimate Home Reference From The Diabetes Experts (American Diabetes Association Complete Guide To Diabetes)





## Synopsis

The American Diabetes Association®;the nation's leading health organization supporting diabetes research, information, and advocacy®;has completely revised this comprehensive home reference to provide all the information a person needs to live an active, healthy life with diabetes. Now in its fifth edition, this extensive resource contains information on the best self-care techniques and the latest medical advances. For people with diabetes, this extraordinary guide will answer any question. Topics include the latest on self-care for type 1, type 2, and gestational diabetes; new types of insulin and medications; strategies for avoiding diabetes complications; expanded sections on meal planning and nutrition; and tips on working with the health care system and insurance providers.

## Book Information

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Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (71 customer reviews)

Best Sellers Rank: #41,286 in Books (See Top 100 in Books) #3 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #65 inÂ Books > Health, Fitness & Dieting > Reference #594 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments

## Customer Reviews

I have had diabetes for quite a few years, but recently was promoted to insulin status. I have been searching for a single source of information that was both simple and yet included more technical details of what was going on. The book does a very credible job of both for many aspects of diabetes. As an example, it provides a description how insulin works at the body and cell level, the effects of exercise, diet, timing, lifestyle, and many of the other factors that affect blood glucose levels. The descriptions start at a high level (e.g. exercise uses glucose in the blood, so levels tend to drop) to a more theoretical discussion of insulin interacting at the cellular level within your body and how your liver and other organs react. The same type of treatment is also provided for other

subjects, ranging from what to do when you are sick; sex and libido issues; diet; types of insulin; managing diabetes around sports, exercise, work, travel, stress, family, entertaining; interaction of factors; complications of high and low sugars; and a bunch more. In short, there are no doubt books which cover individual aspects of any part of diabetes with more detail and rigor, but if you want one book that does a very credible job on most of the topics, this is a good choice. PROS: Very readable. Well organized- individual topics are fairly well indexed and broken down by topic, and for each topic, the discussion breaks down how this might affect different portions of the population (e.g. Type1, Type2, Gestational). Seems to be written by people who both have actual experience as diabetics and real medical knowledge. Does not have the latest fads.

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