



## 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

## American Diabetes Association Complete Guide to Diabetes Details

Date : Published November 28th 2000 by Bantam (first published October 1st 1997)

ISBN : 9780553583007

Author : American Diabetes Association

Format : Paperback 544 pages

Genre : Health, Nonfiction, Reference, Medical



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## **From Reader Review American Diabetes Association Complete Guide to Diabetes for online ebook**

### **Barb says**

Contains some good information.

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### **Anna says**

Informative.

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### **Kyle says**

Comprehensive book of diabetes terminology, symptoms and care. Helpful for both those diagnosed with diabetes or their loved ones.

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### **Genevieve says**

Full of information and really easy to read and understand.

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### **Lisa says**

Anything by the American Diabetes Association is very helpful for diabetics. I have found and continue to find vast amounts of information and advice that I apply to my every day life. From food to exercise, this book covers everything. A must have for any diabetic or even someone with a loved one who is diabetic.

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### **Nick Woodall says**

Eventhough I read this, I have come to the direct opposite of what they recommend, so I really can't recommend this book at all for diabetics.

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### **Barb says**

An excellent book to learn about diabetes. Everything from medications to exercise, to food, carbs, and lots more. Easy to understand.

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**Michael says**

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Again, read because of family history and wanting to know as much as I could as my mother deals with it.

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