



# Diabetes For Dummies

*Lesley Campbell, Alan L. Rubin*

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**Diabetes For Dummies** Lesley Campbell, Alan L. Rubin

**Your essential guide to managing diabetes successfully and living a full life**

Don't just survive — thrive! *Diabetes For Dummies*, 3rd Australian edition, brings you right up to date with the latest research, treatment and management approaches for all types of diabetes. This book is essential reading whether you have diabetes yourself or are supporting a friend or relative with the condition.

- Reduce your diabetes risk — understand and avoid the causes of prediabetes and diabetes
- Recognise the importance of diet and exercise — adopt a healthy eating plan and exercise regime that works for you
- Keep on top of self-monitoring and medication — learn what's new in research and treatment in Australia, and what advances are on the horizon
- Deal with the emotional challenges of having diabetes — understand how your mental health affects your physical health and develop coping styles that work over the long term
- Prevent short-term and long-term complications — know how to deal with low or very high blood glucose and find out how diabetes can affect your kidneys, nervous system, heart and eyes
- Manage diabetes in children and older people — care for your child from infancy to self-management and help support the older person with diabetes
- Get the support you need — know which organisations to turn to for help and access reputable online support

## Open the book and find:

- How to identify the differences between type 1, type 2 and gestational diabetes
- Explanations for the drugs used in diabetes management
- Tips for caring for your feet
- Advice on coping with diabetes before and during pregnancy
- Practical exercises for improving your mental health
- How to deal with on-the-job and insurance obstacles
- Ways to identify dodgy treatments and 'cures'

## Learn to:

- Manage your diabetes and live life to the full
- Eat a balanced diet and exercise for a healthier life
- Deal with the psychological effects of your condition
- Access the best online support

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Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you might have done when you have spare time, subsequently why you don't try matter that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Diabetes For Dummies, it is possible to enjoy both. It is fine combination right, you still desire to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its called reading friends.

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