



The Johns Hopkins Guide to Diabetes: For Patients and Families (A Johns Hopkins Press Health Book)

Christopher D. Saudek, Richard R. Rubin, Thomas W. Donner

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Living with diabetes is a balancing act of monitoring blood glucose, food intake, and medication. It makes sense that individuals who have diabetes do best when they understand their condition and how to control it.

The Johns Hopkins Guide to Diabetes is a comprehensive and easy-to-read guide to this complex condition, answering questions such as: What are the differences between Type 1 and Type 2 diabetes? How are the different forms of this disease treated? Can gestational diabetes become a permanent condition? Can diabetes ever be managed successfully with diet and exercise alone?

The second edition of this valued resource includes up-to-date information on• How diabetes is diagnosed• The two types of diabetes• The role of genetics • Improvements in blood glucose measurement• Good nutrition and regular exercise• Insulin and non-insulin medications• Insulin pumps• The emotional side of diabetes• How families are affected and how they can help• What to do if diabetes affects your work• Complications from head to toe

Written by a team of Johns Hopkins diabetes specialists, this authoritative guide will help people who have diabetes work effectively with their care team to control their diabetes and maintain good health.

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