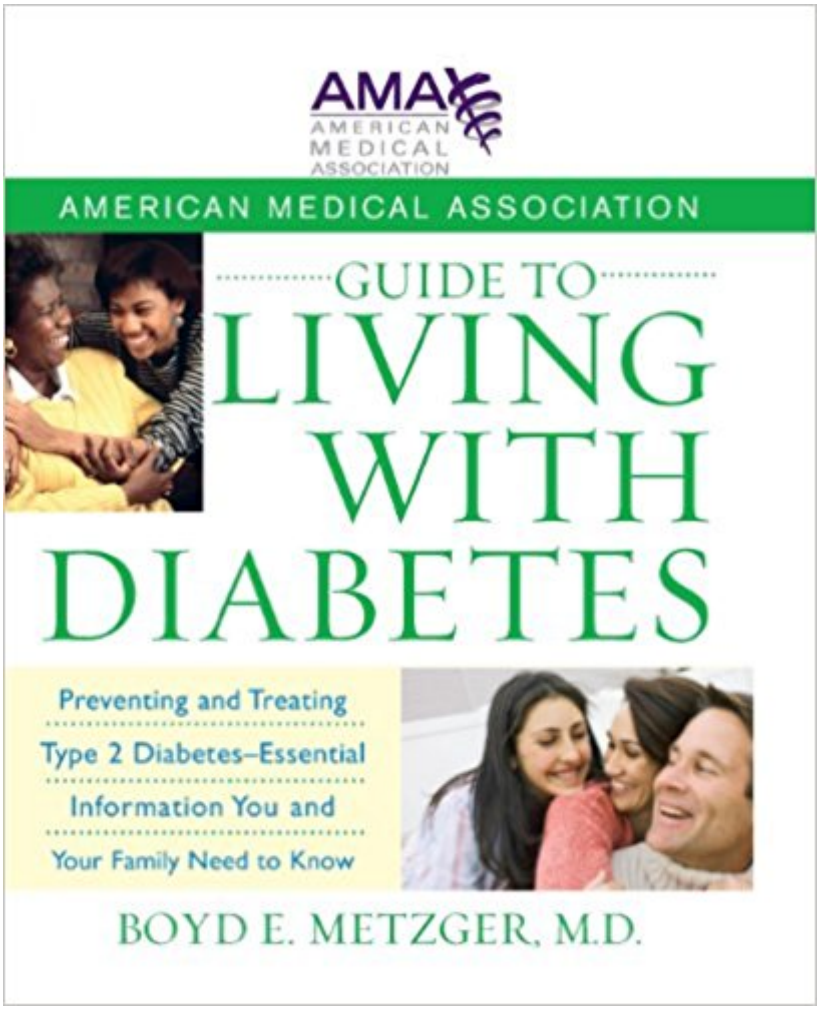
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American Medical Association Guide To Living With Diabetes: Preventing And Treating Type 2 Diabetes - Essential Information You And Your Family Need To Know




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Synopsis

More Than 3 Million American Medical Association Books SoldFrom America's Most Trusted Health Authority, the Ultimate Guide to Understanding, Preventing, and Managing Type 2 DiabetesMillions of Americans have type 2 diabetes, and millions more are at risk of developing the disease. The good news is that it is both preventable and treatable. In the American Medical Association Guide to Living with Diabetes you'll learn everything you need to know to prevent type 2 diabetes, take control of it if you already have it, and reduce your risk of life-threatening complications.This book provides clear, easy-to-understand explanations of what type 2 diabetes is, what causes it, and how to determine if you are at risk. You'll find a detailed, easy-to-follow program for preventing diabetes by eating a healthy diet, exercising regularly, and reaching and maintaining a healthy weight. If you are living with diabetes, this invaluable guide offers in-depth explanations of the recommended lifestyle changes that can help you manage the disease, stressing the importance of rigorous testing and control of your blood sugar to avoid complications. You will learn about the available medications for treating diabetes and about alternative and complementary therapies. The book also includes sections on gestational diabetes and the increasing threat that type 2 diabetes poses to at-risk children. By following the recommendations and guidelines in the American Medical Association Guide to Living with Diabetes, you can reduce or eliminate the symptoms, avoid or minimize the risk of serious complications, and become more physically fit, energetic, and alert. In fact, there's no reason you can't be healthier than you've ever been.

Book Information

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Customer Reviews

More than 19 million Americans have type 2 diabetes and 13 million more are at risk of developing the disease. The good news is that it is both preventable and treatable. In the American Medical Association Guide to Living with Diabetes you'll learn everything you need to know to prevent type 2 diabetes, take control of it if you already have it, and reduce your risk of life-threatening complications. This book provides clear, easy-to-understand explanations of what type 2 diabetes is, what causes it, and how to determine if you are at risk. You'll find a detailed, easy-to-follow program for preventing diabetes by eating a healthy diet, exercising regularly, and reaching and maintaining a healthy weight. The symptoms of high blood sugar, the hallmark of diabetes, can be subtle—the reason why the disorder can go undetected for many years. This comprehensive guide helps you understand the risk factors for type 2 diabetes and the importance of getting an early diagnosis and treatment. The book describes the tests used to diagnose diabetes and enables you to take charge of your treatment regimen by giving you the facts about such important topics as: Why you can be more susceptible to developing type 2 diabetes at different stages of life, such as at puberty, during pregnancy, and as you get older Personalized dietary guidelines Safe and effective exercise programs designed to reduce blood sugar levels The latest information on diabetes medications and blood sugar testing What research shows about complementary and alternative therapies Helpful tips for special situations such as traveling and illnessThe goal of managing your diabetes is to prevent or reduce the serious complications that can result from uncontrolled blood sugar. You'll learn how to recognize and minimize the effects of acute, life-threatening complications such as low blood sugar and diabetic ketoacidosis, as well as serious long-term complications, including heart and blood vessel disease, nerve damage, kidney disease, eye damage, and dental problems.Among the most alarming aspects of the growing type 2 diabetes epidemic is the increase in the disease among children and young adults. This invaluable guide details the risk factors associated with type 2 diabetes in young people, the most important of which are excess weight and lack of exercise. Parents will find the information they need to help their children avoid diabetes and, if they have it, get an early diagnosis and effective treatment. A complete chapter in the book is devoted to gestational diabetes, an increasingly common form of diabetes that can occur during pregnancy.By following the recommendations and guidelines in the American Medical Association Guide to Living with Diabetes, you can reduce or eliminate the symptoms, avoid or minimize the risk of serious complications, and become more physically fit, energetic, and alert. In fact, there's no reason you can't be healthier than you've ever been. For more than 150 years, the American Medical Association has been the leading group of medical

experts in the United States and one of the most respected health-related organizations in the world. The AMA continues to work to advance the art and science of medicine and to be an advocate for patients and the voice of physicians in the United States. --This text refers to the Hardcover edition.

More Than 3 Million American Medical Association Books SoldFrom America's Most Trusted Health Authority, the Ultimate Guide to Understanding, Preventing, and Managing Type 2 DiabetesMillions of Americans have type 2 diabetes, and millions more are at risk of developing the disease. The good news is that it is both preventable and treatable. In the American Medical Association Guide to Living with Diabetes you'll learn everything you need to know to prevent type 2 diabetes, take control of it if you already have it, and reduce your risk of life-threatening complications.This book provides clear, easy-to-understand explanations of what type 2 diabetes is, what causes it, and how to determine if you are at risk. You'll find a detailed, easy-to-follow program for preventing diabetes by eating a healthy diet, exercising regularly, and reaching and maintaining a healthy weight. If you are living with diabetes, this invaluable guide offers in-depth explanations of the recommended lifestyle changes that can help you manage the disease, stressing the importance of rigorous testing and control of your blood sugar to avoid complications. You will learn about the available medications for treating diabetes and about alternative and complementary therapies. The book also includes sections on gestational diabetes and the increasing threat that type 2 diabetes poses to at-risk children. By following the recommendations and guidelines in the American Medical Association Guide to Living with Diabetes, you can reduce or eliminate the symptoms, avoid or minimize the risk of serious complications, and become more physically fit, energetic, and alert. In fact, there's no reason you can't be healthier than you've ever been.

I bought this book for my 71 year old mother who was newly diagnosed with Diabetes, and she loved it. She found it extremely informative and easy to follow.

The average doctor does not offer the full help that a diabetic really needs. So you sit out on this log ready to fall if you do not seek further. Not only do doctor's not help they often don't even bother to give you a direction. I do not think any one book is an answer either, but cetainly the American Diabetic Association has an obligation to fill that large hole left by the medical profession. Go for it.

The book is very interesting on showing how to control diabetes. I liked it even though I did not read

it cover to cover. Just read it for the info that pertained to me.

arrived in good shape will enjoy reading

I think that this is an excellent book. It is much like having your own personal Diabetes educator. If you are newly diagnosed or wish to find out about treatment for this illness this book will help to clarify what you are in for with the available treatments. It will help you in your meetings with your physician. I have only one caveat, the Prediabetes portion of how to avoid Diabetes could be stronger. But this is not the function of the book. In a brief and inclusive fashion, it includes most of the topics that are of concern by the sufferers of this disease. It includes such topics as the use of Insulin and the treatment of Gestational Diabetes.

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Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) American Medical Association Complete Guide to Prevention and Wellness: What You Need to Know about Preventing Illness, Staying Healthy, and Living Longer Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) American Medical Association Complete Medical Encyclopedia (American Medical Association (Ama) Complete Medical Encyclopedia) Diabetes: Reverse Diabetes Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health)

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