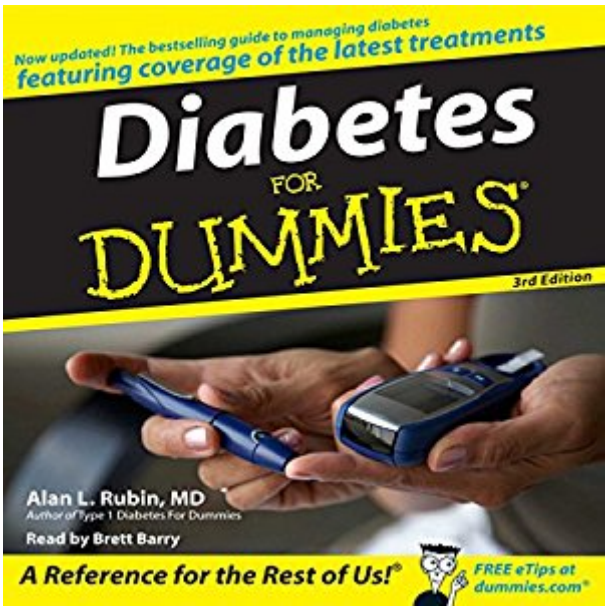
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Diabetes For Dummies, 3rd Edition



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Synopsis

Want to know how to manage diabetes? Leading diabetes expert Dr. Alan Rubin gives you reassuring, authoritative guidance in putting together a state-of-the-art treatment program. You'll learn about all the advances in monitoring glucose, the latest medications, and how to develop a diet and exercise plan to stay healthy. You'll also see how to overcome insurance and on-the-job obstacles.Discover how to:Reduce your diabetes riskUnderstand the different types of diabetes Manage diabetes in children and the elderly Prevent long-term complicationsGet the support you need

Book Information

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Customer Reviews

OK. Hubby's just been diagosed with type II diabetes. Go the to library and get a million confusing books. I don't have time for this. No, wait, there's GOT to be a "Dummies" book on this subject. .com - "Diabetes for Dummies" - BINGO! Aaaahhhh, all the information I need in an easy-to-understand format.The only problem we found in this this book is that the calculation for body mass index (BMI) was a bit confusing, and some of the websites have changed, but the rest of the book was EXTREMELY helpful and presented in a non-threatening way.Knowledge is power and banishes fear. This book helped save my sanity.Also, when I had a question, I sent an e-mail and got a prompt response from Dr. Rubin himself!

Answered a lot of questions and presented information.

We just found out that my husband was diabetic. He was horrified. I prefer to research as much as possible to increase my knowledge, hopefully, providing better results. This book has great information. That would explain why the American Diabetic Organization recommended it. It provided information for us to cope and manage his health. I also purchased Diabetes 911...a great addition. Between the two, a couple pills and some insulin, we have dropped his glucose count by more than 350 in just 30 days. It is very likely that with just 2 little pills and watching his food choices, no insulin will be required. Bonus...he probably will be able to quit taking his high blood pressure medicine as well.

I wish it had more information regarding lists of foods to eat, avoid, etc. Some of the info is not really for "Dummies" and is technical. Overall, it is okay but I was a bit disappointed I have several of the "Dummies" Series and this was not as good as I had hoped.

Being a recently diagnosed diabetic, I didn't know much about diabetes. I had trouble getting my blood glucose numbers and my A1C down to an acceptable level. This book helped me a lot in understanding diabetes and how to live with it. It is well written and easy to understand. It discusses diets, exercise, blood glucose meters, different types of diabetic medications, insulin and much, much more. My blood glucose is now down where it should be, and I just found out my A1C has dropped down to 6.5 (Yeah!). I would highly recommend this book for all new diabetics.

I purchased this book (in spite of the objectionable title)the week after my husband was diagnosed with diabetes after finding a reference to it on the American Diabetes Association website. He read it cover to cover very quickly. It provided him with a good background on the disease, took away some of his initial panic and was helpful in identifying lifestyle changes surrounding diet and exercise that he needs to make. Some of the dietary info was in conflict with what his doctor had told him, but we have are now in a diabetes education program which is very helpful.

I've been reading this book for about 2 weeks now. There is a lot of information and education to take in. It's been great at demystifying the large amounts about diabetes that is available. I used this before we went to the Nutrition Counselor. I feel it helped me take in the additional information that she had without feeling so overwhelmed. I recommend this if it's yourself or a family member that's been diagnosed. With so much information being thrown at you with a new diagnosis it is nice to sit down and read and assimilate at your own pace.

What we needed

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How To Reverse and Prevent Diabetes Naturally (Natural Diabetes Cure - Diabetes Natural Remedies - Natural Diabetes Remedies) Diabetes de la A a la Z (Diabetes A to Z): Lo que necesita saber sobre la diabetes — en terminos simples (What You Need to Know about Diabetes — Simply Put) (Spanish Edition) Diabetes: 60+ Powerful Diabetic Superfoods to Reverse Diabetes, Regulate Insulin, Control Blood Sugar, and Lower Blood Pressure (Diabetes Diet, Diabetic, ... Type 2 Diabetes, Insulin Resistance Book 1) 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) Diabetes: One Week Diabetes Meal Plan To Help You Improve Your Blood Glucose, Blood Pressure, And Cholesterol Numbers And Help Keep Your Weight On ... Reverse Diabetes, Diabetes Meal Plan)

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