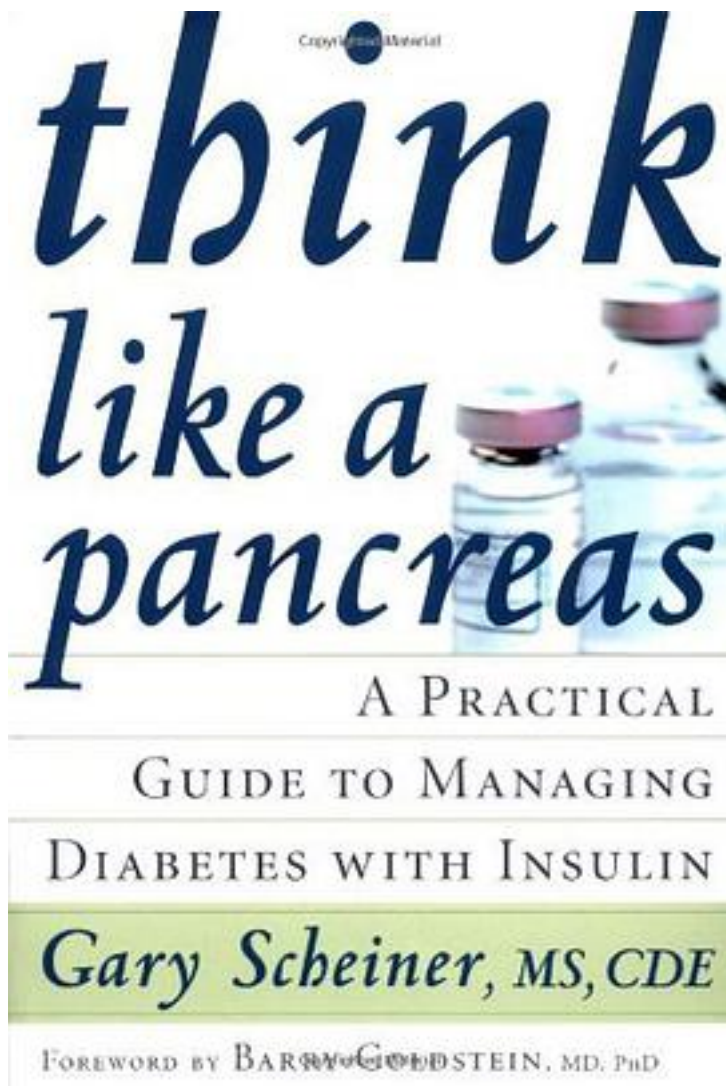


Think Like a Pancreas



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Dozens of books offer advice on managing diabetes, but few focus specifically on the day-to-day issues facing those who use insulin. Now Gary Scheiner, a certified diabetes educator and himself an insulin user himself since 1985, gives you the tools to "think like a pancreas"--that is, to successfully master the art and science of matching insulin to the body's ever-changing needs. Free of medical mumbo jumbo, comprehensive, and packed with useful information not readily available in other books, Think Like a Pancreas discusses:

- day-to-day blood glucose control and monitoring
- designing an insulin program to best match your lifestyle
- measuring insulin to carbohydrate intake and physical activity
- the pluses and minuses of different insulin-delivery methods
- optimal management of diabetes using an insulin pump
- hypoglycemia—the best ways to avoid it and treat it
- the impact of emotions, stress, illness, and aging
- making the best use of your health care team and community resources
- plus dozens of other issues that everyone taking insulin needs to understand and master.

作者介绍:

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