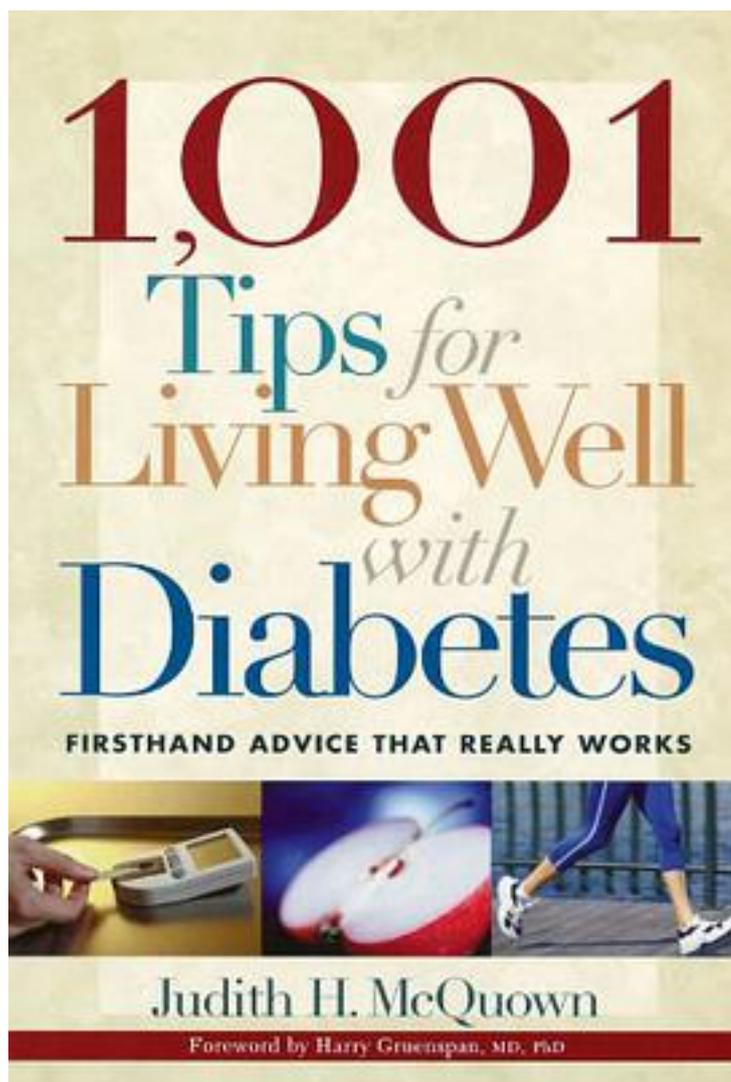


1,001 Tips for Living Well with Diabetes



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In *1,001 Tips for Living Well with Diabetes*, celebrated author and type 1 diabetic Judith H. McQuown offers useful, real-life advice from hundreds of diabetes experts—doctors, researchers, parents, teachers, a New York City support group, and many people with type 1 or type 2 diabetes themselves. Here are 1,001 insightful, refreshingly straightforward tips that cover the key areas confronted daily by everyone living with diabetes or at risk, including:

- Drugs and Equipment—66 tips, including 6 on how to pay less for prescription drugs
- Weight Loss and Nutrition—260 tips, including 5 original recipes for Guilt-Free Cheesecake
- Avoiding/Surviving Hospitals and Emergency Rooms—62 tips, including 9 for avoiding hospital overcharges
- Dealing with Depression and Stress—172 tips, including 8 for putting romance back into your life
- Working with Your Doctors and Other Health Care Professionals—42 tips
- Exercise—119 tips
- Tips from Children with Diabetes and Their Parents—100 tips
- Tips from Diabetics Who Live Alone—37 tips
- Solving Special Problems—139 tips

These unique tips offer a comprehensive, unprecedented approach to managing one of the world's most serious and expensive medical conditions.

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