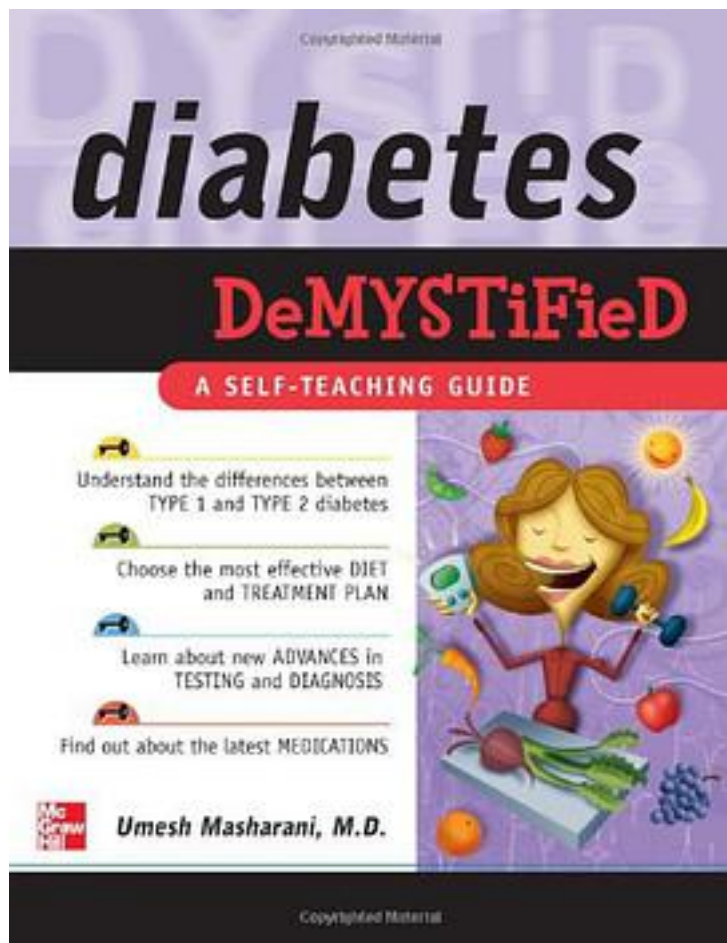


Diabetes Demystified



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出版者:McGraw-Hill

出版时间:2007-11

装帧:Pap

isbn:9780071477956

Your ESSENTIAL guide to UNDERSTANDING and MANAGING diabetes If you or someone close to you has diabetes and you need to learn more about the disease, its complications, and its treatments, help is here. Diabetes Demystified explains the

causes of diabetes, the differences between type 1 and type 2, and how diabetes can be effectively controlled. Written by a doctor specializing in diabetes, this book helps you determine the best treatment plan for your needs and understand the different medications that are available. You'll find important information on day-to-day management, diet, nutrition, exercise, and weight loss. This helpful guide also includes specific recommendations for children, the elderly, and pregnant women with diabetes. This easy-to-understand guide offers: Advice for assembling a treatment team and support network An overview of various diabetes medications Steps for preventing complications from diabetes Details on hypoglycemia Important information on food and nutrition Tips for developing a safe exercise program Straightforward and accessible, Diabetes Demystified helps you incorporate diabetes care into your daily life without feeling overwhelmed.

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