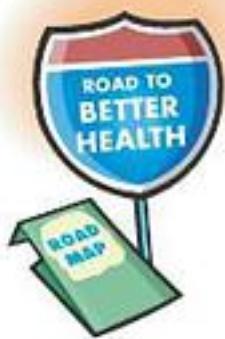


# Prediabetes Wake-Up Call

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# Prediabetes Wake-Up Call

A Personal  
Road Map  
to Prevent  
Diabetes



On your route to better health,  
discover...

- the prediabetes safety check
- directions for better eating
- travel tips to keep you moving
- tune-ups to turn off stress

BETH ANN  
PETRO ROYBAL, MA

Foreword by  
Debbie Nemecik, RN, BSN, CDE

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著者:Roybal, Beth Ann Petro

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With prediabetes at epidemic levels, millions of people are being told by their doctor to take personal action now, before it's too late. Prediabetes Wake-Up Call provides the newly diagnosed patient with detailed information about the threat of type 2 diabetes while explaining the lifestyle changes that will lower the risk of prediabetes developing into diabetes. Prediabetes Wake-Up Call describes the facts about diabetes and includes assessment checklists and charts to help readers identify areas of relative risk. Then the author details specific strategies to address each risk factor, including weight management, exercise, and food choices, plus less-obvious strategies such as formulating new attitudes towards healthy living. Written for a lay reader, Prediabetes Wake-Up Call offers guidance, sets goals, and provides the reassurance necessary for readers to start getting healthier today.

作者介绍:

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