

Diabetes



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著者:Paula Brisco

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From Library Journal According to the introduction, this book is designed to enable the diabetic to control his or her own life. Brisco reviewed medical literature and interviewed experts (not named) to acquire information about this disease. She includes basic information on Type I and Type II diabetes and discusses possible health complications. While offering self-care tips such as diet and exercise, Brisco seems to aim more toward what can go wrong in diabetes (e.g., explaining how difficult sugar levels can be to regulate or citing the over three dozen "common" complications resulting from the disease), than concrete suggestions on maintaining optimal health. A newly diagnosed diabetic would be scared stiff after reading this; a much better choice would be June Biermann and Barbara Toohey's *The Diabetic's Book* (LJ 3/1/90, rev. ed.) or their *The Diabetic's Total Health Book* (Tarcher, 1992, 3d ed.).- Janet M. Schneider, James A. Haley Veterans Hosp., Tampa, Fla. Copyright 1993 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

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目录:

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