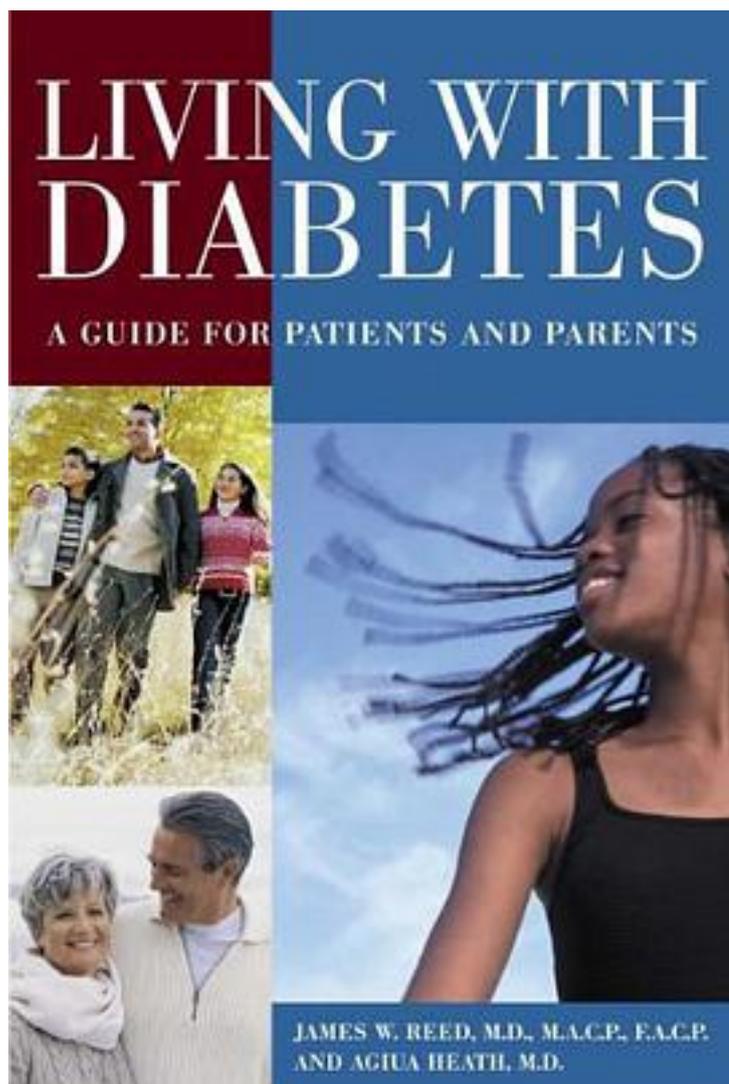


Living with Diabetes



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Over 18.2 million people in the United States have some form of diabetes--and more than eight million of them are 60 years of age or older. Those who have been recently diagnosed may feel scared, confused, and full of questions. What is the difference between types 1 and 2? Will I have to take shots every day for the rest of my life? How can I prevent diabetes' debilitating long-term effects? And what should I do in case of an emergency--such as insulin shock? AARP provides the answers that diabetes sufferers and their caregivers need. Most of this valuable, tightly organized guide focuses on Type 2 Diabetes, the form most likely to develop in middle age or later. But there is also advice on how aging affects those with Type 1, which involves a serious, genetically inherited insulin imbalance. There are discussions on how the disease is contracted; what complications can arise; how the illness affects the organs; how to manage diabetes on a day-to-day basis; guidelines for exercise and weight control; and which organizations stand ready to help, both medically and financially. Special sections designed for quick and easy access highlight important information, and provide essential checklists that make it simpler to maintain your treatment and stay healthy. This is a must-have resource for everyone with diabetes, as well as for their families and support group.

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