

Diabetes



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This practical guide for teens with diabetes talks about issues specific to teens ages 16 to 19. It includes multiple no-nonsense tips that demonstrate how life with diabetes can be lived to the fullest. By identifying strategies to help manage high and low blood glucose and giving you ideas on how to get through the everyday drudge without giving up on your diabetes management, author Katherine Moran provides an essential source that is filled with informative and engaging photographs and illustrations, historical tidbits, and an index. Chapters cover using a meal plan and counting carbohydrates; understanding insulin therapy and oral medications; using physical activity to control glucose levels; dealing with other illnesses and preventing complications; being a safe and responsible driver; maintaining good health when traveling; overcoming peer pressure; and creating effective coping strategies for managing and living with diabetes. With the help of this book, teens will learn more about just what diabetes is, the treatment, how to handle the negative feelings it spans, and how to stay healthy and maintain an active life. Written in teen speak, *Diabetes: The Ultimate Teen Guide*, is a practical, hands-on guide that addresses the social and health issues specific to diabetic teens ages 16 to 19. Intended to empower teens to take control over the diabetes through effective disease management, they learn how to stay healthy and live life to the fullest—even with diabetes—through this

no-nonsense guidance. Chapters cover using a meal plan and counting carbohydrates; understanding insulin therapy and oral medications; using physical activity to control glucose levels; dealing with other illnesses and preventing complications; being a safe and responsible driver; maintaining good health when traveling; overcoming peer pressure; and creating effective coping strategies for managing and living with diabetes. Filled with informative and engaging photographs and illustrations, historical tidbits, and a

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