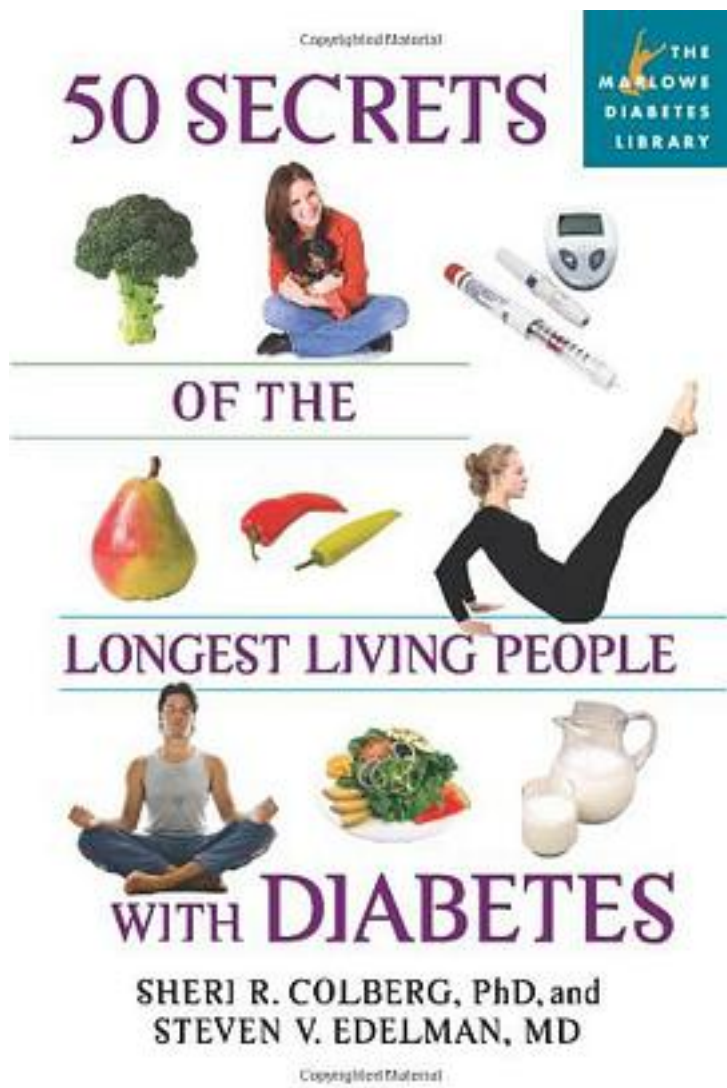


# 50 Secrets of the Longest Living People with Diabetes



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Discover the fifty most essential secrets for attaining a longer, healthier, and more vibrant life with diabetes. The latest scientific research confirms that you can live well and long with diabetes without suffering from its more devastating health complications. Whether you have type 1 or type 2 diabetes, you have the ability to improve the quality and length of your life through physical activity, a positive mental outlook, and certain diabetes tools and medications. Now, the longest living people with type 1 and type 2 diabetes share the secrets that have helped them achieve longevity and wellness. From interviews with more than fifty people who have thrived with the condition for as many as 84 years, diabetes authorities Drs. Colberg and Edelman distill their lifelong habits into fifty user-friendly, easy-to-adopt secrets. Featuring profiles of ten people who have each lived an average of 65 years with diabetes and practical advice for incorporating each secret into your daily life, this invaluable resource will inform, inspire, and motivate you to live well--and fully--to 90 and beyond. Find out what some of the secrets are:

- \* Live first and be diabetic second
- \* Know your numbers and assume nothing
- \* Have kids if you want to
- \* Erase your mistakes with exercise No matter what type of diabetes you have, you control the ability to escape serious complications (or control the ones you may have) and add years, if not decades, to your life.

作者介绍:

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