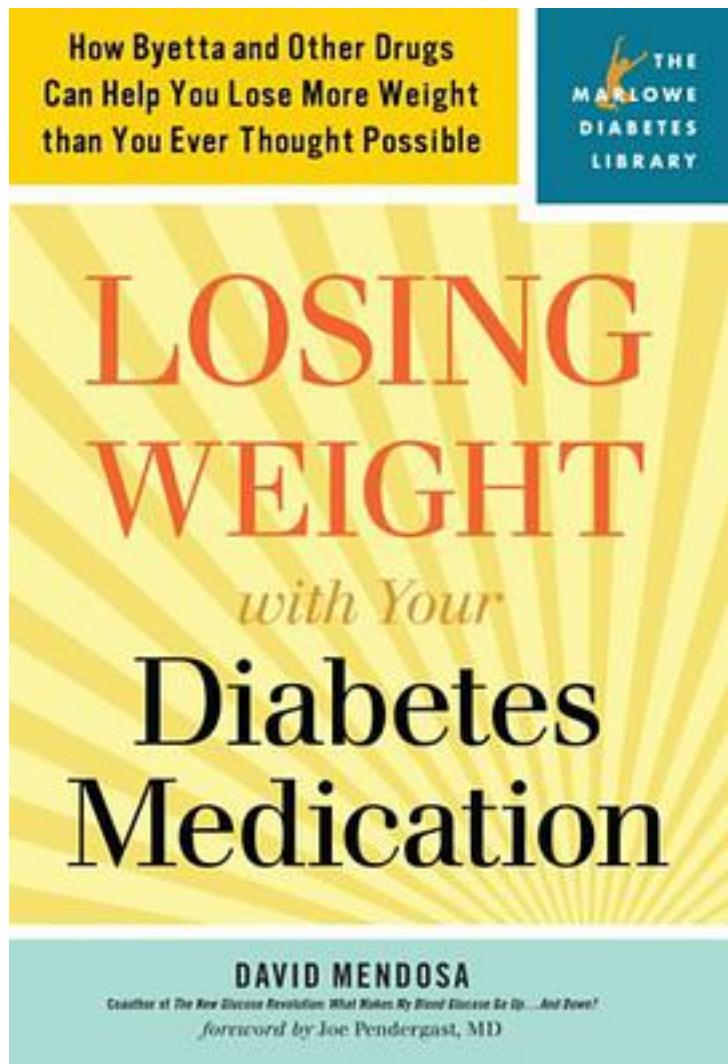


# Losing Weight with Your Diabetes Medication



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Losing weight can make managing your diabetes easier while preventing and improving--even possibly reversing--common diabetes-related complications. Countless people with diabetes face the challenge of controlling their weight while successfully managing their medical condition--because many diabetes drugs actually promote weight gain. In the first-ever investigation of its kind, *Losing Weight with Your Diabetes Medication* clearly lays out everything you need to know about your treatment options and how they affect your weight, as well as a 360-degree analysis of cutting-edge new drugs like Byetta that are revolutionizing diabetes care. One of North America's leading diabetes journalists and patient-advocates, David Mendosa provides this information alongside everything you need to know to manage your weight and your health, including:

- \* An A-to-Z rundown of dozens of diabetes drugs and how they affect your weight

- \* Other weight-loss drugs that can directly improve your diabetes management
- \* Overview of Byetta and other revolutionary GLP-1 drugs and how they work best for you
- \* Tips for incorporating exercise into each day without changing your schedule
- \* Choosing the most nutritious, low-glycemic index foods to maximize weight loss
- \* In-depth resources and prescribing information *Losing Weight with Your Diabetes Medication* is an essential and inspirational breakthrough for diabetes patients who want to take control over their condition, end the cycle of ineffective diets, and finally shed unwanted weight.

作者介绍:

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