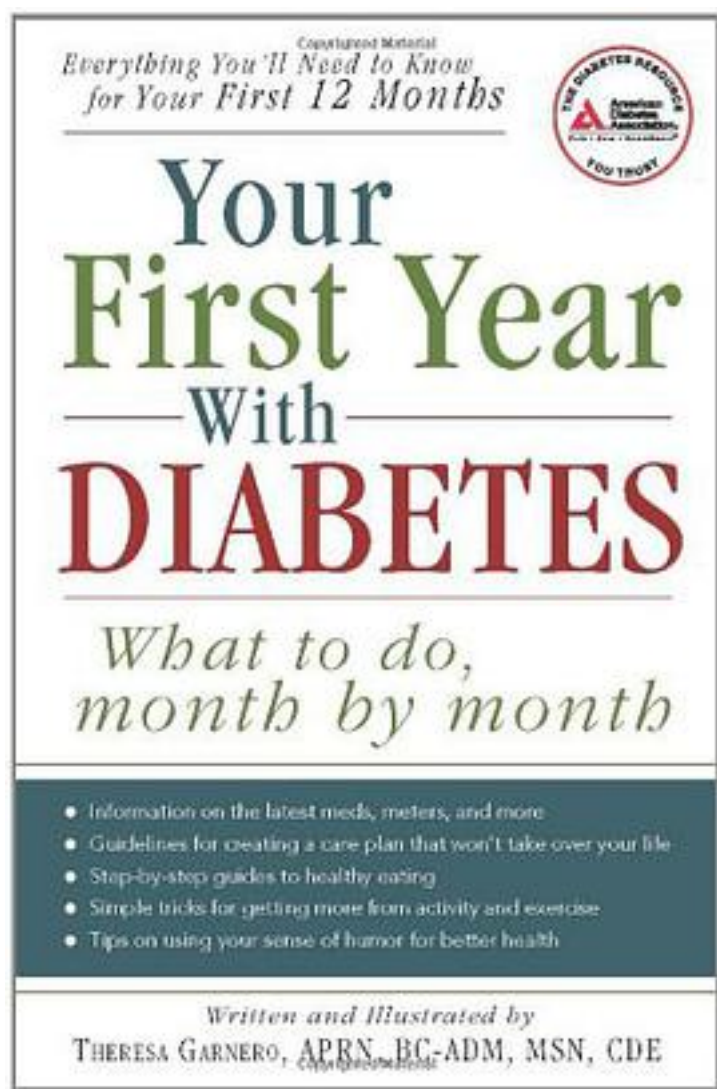


# Your First Year with Diabetes



[Your First Year with Diabetes 下载链接1](#)

著者:Garnero, Theresa

出版者:

出版时间:2008-12

装帧:

isbn:9781580403016

A 12-month plan for surviving diabetes The most frightening moment for most people with diabetes is when they are first diagnosed. They are filled with questions: What can I eat? What should I do? Is there a plan for me to follow? While some people get a plan from their doctor, most people do not. "Your First Year with Diabetes" is the plan for everyone. It walks you step-by-step through a first-30-days survival plan, then shows a month-by-month program for what comes next. Everything from a basic explanation of diabetes, what you can eat right away, and instructions on how to check glucose to a deeper knowledge about diabetes nutrition, avoiding complications, and better management. "Your First Year with Diabetes" also anticipates and explains problems such as depression, illnesses, and needing to lose weight.

作者介绍:

目录:

[Your First Year with Diabetes\\_ 下载链接1](#)

标签

评论

-----  
[Your First Year with Diabetes\\_ 下载链接1](#)

书评

-----  
[Your First Year with Diabetes\\_ 下载链接1](#)