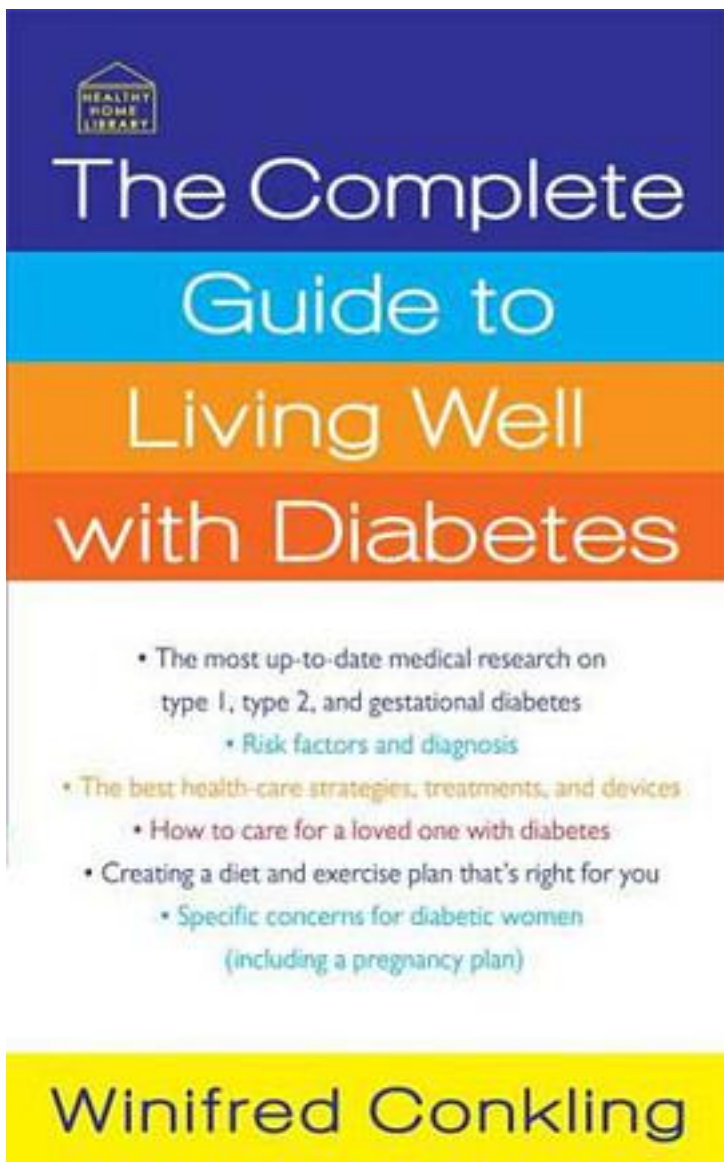


# The Complete Guide to Living Well with Diabetes



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出版者:

出版时间:2009-3

装帧:

isbn:9780312945121

- The most up-to-date medical information on type 1, type 2, and gestational diabetes- Assess the risk factors, get diagnosed, and receive the right treatment from the best possible health-care providers- Helpful tips for purchasing, storing, and administering insulin - The emotional challenges of living with diabetes, or caring for a loved one - Common complications and how to avoid or minimize them- Control blood-sugar levels with a personalized nutrition plan and exercise program- Diabetes and pregnancy- The latest diabetes research and resources

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