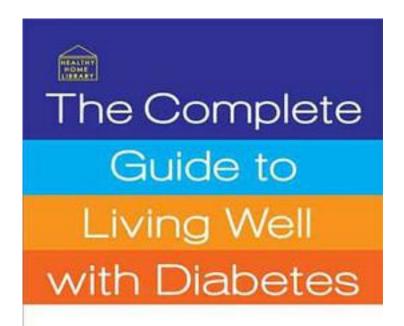
## The Complete Guide to Living Well with Diabetes



- The most up-to-date medical research on type 1, type 2, and gestational diabetes
  - Risk factors and diagnosis
- . The best health-care strategies, treatments, and devices
  - . How to care for a loved one with diabetes
  - · Creating a diet and exercise plan that's right for you
    - Specific concerns for diabetic women (including a pregnancy plan)

## Winifred Conkling

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- 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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