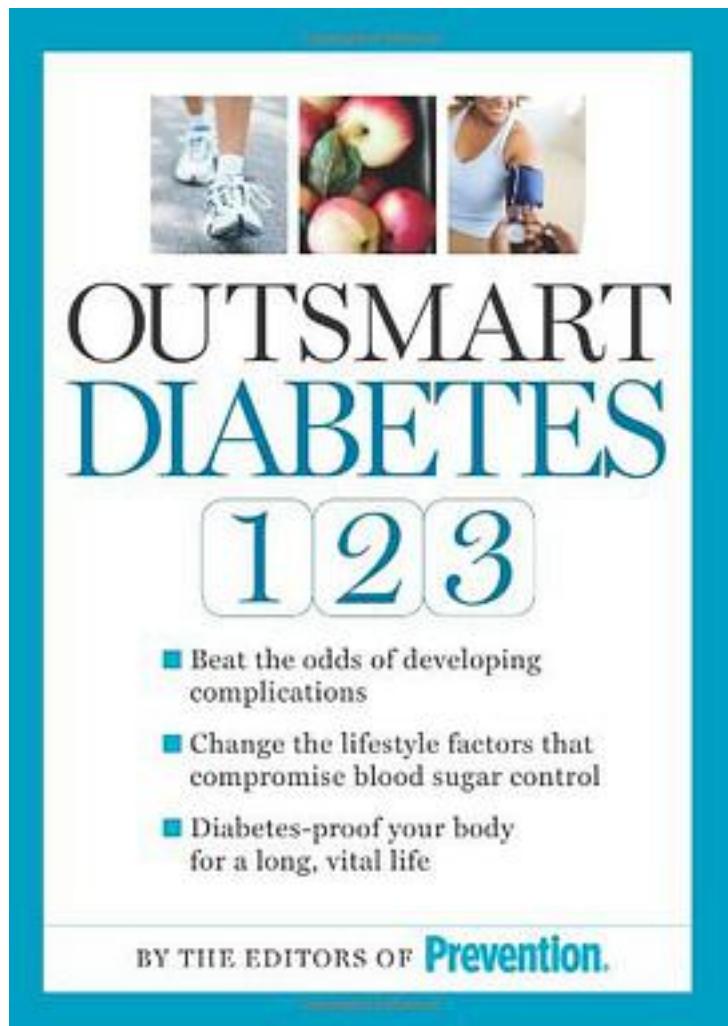


# Outsmart Diabetes 1-2-3



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著者:Prevention Magazine 编

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Unlike the vast majority of books on diabetes that zero in on a single component,

"Outsmart Diabetes 1-2-3" recognizes that diabetes is a multidimensional disease and therefore any effective management plan must take all contributing factors into account. The latest research shows that with a combination of targeted treatment strategies and sensible lifestyle changes, it is possible to slow - if not stop - diabetes related decline. "Outsmart Diabetes 1-2-3" distills the latest, cutting-edge information on every aspect of diabetes management into a comprehensive three-step program, with each step targeting a key component of optimal diabetes control: Step 1 - Treat and prevent diabetes complications; Step 2 - Change the lifestyle factors that can compromise blood sugar balance; and, Step 3 - Build a self-care regimen to safeguard against the disease's long-term effects.

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