



Diabetes For Dummies

Alan L. Rubin

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Diabetes affects millions of Americans each year, but thanks to medical breakthroughs, many diabetics live long and happy lives. In a sense, a diagnosis of diabetes is both good and bad news, with the bad news being that you've been diagnosed, but the good news being that you'll make some changes in your lifestyle that will not only prevent complications but help you lead a healthier life. Now in its second edition, *Diabetes For Dummies* provides the most up-to-date information about the disease, covering everything from new medications to recent studies on ethnic groups and children. This trusted guide shows you what you need to know to:

- Understand the causes and effects Battle short-term complications Prevent long-term complications Monitor your glucose Select a diet plan that's right for you Develop an effective exercise routine Choose and use medicine safely Deal with you child's diabetes Care for the elderly with diabetes Cook great diabetes-friendly meals

Packed with ways to prevent or reverse the effects of diabetes and Web sites to find out more, as well as exposing myths about the disease, this is the ultimate guide to understanding and managing diabetes. You'll even find delicious recipes from top chefs that satisfy every palette. Don't let this disease stop you from enjoying life—survive and thrive with *Diabetes For Dummies, Second Edition!*

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