



Diabetes For Dummies (For Dummies (Health & Fitness))

MD Rubin Alan L.

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Covers the latest glucose meters and insulin treatments The straight facts on treating diabetes successfully and living a full life

Want to know how to manage diabetes? Leading diabetes expert Dr. Alan Rubin gives you reassuring, authoritative guidance in putting together a state-of-the-art treatment program. You'll learn about all the advances in monitoring glucose, the latest medications, and how to develop a diet and exercise plan to stay healthy. You'll also see how to overcome insurance and on-the-job obstacles.

Discover how to:

- Reduce your diabetes risk
- Understand the different types of diabetes
- Manage diabetes in children and the elderly
- Prevent long-term complications
- Get the support you need

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