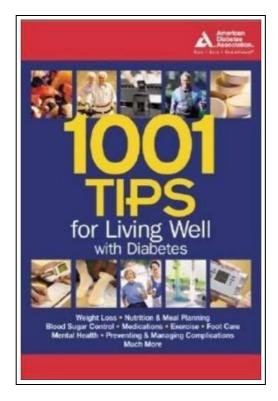
# 1001 Tips for Living Well with Diabetes (Paperback)



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## Reviews

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# 1001 TIPS FOR LIVING WELL WITH DIABETES (PAPERBACK)



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American Diabetes Association, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book. All of the world s best advice for excellent diabetes care has been rolled into one giant volume of tips from the American Diabetes Association - it is unlike any other. A compilation of ADA s ten best selling 101 Tips series books, this comprehensive resource provides head to toe coverage for managing diabetes - and answers the most frequently asked questions of health care providers by their diabetes patients. 1001 Tips for Living Well with Diabetes combines the best tips for: coping with diabetes when it comes to issues such as work, depression, stress, and anger; losing weight to prevent and manage diabetes; simplifying diabetes to make living life with diabetes easier; staying healthy and fending off complications before they start; aging well in order to avoid common diabetes and age-related complications like heart disease, kidney disease, and eye disease; improving blood sugar in order to avoid dangerous highs and lows; taking medications and avoiding potentially lethal drug interactions as well understanding the side effects; nutrition and healthy eating to help people lose weight and keep their diabetes in check while still enjoying the foods they love; proper foot care to prevent athlete s foot, ulcers, and amputation; enjoying a healthy pregnancy with diabetes by answering the most pressing questions expectant mothers have about monitoring, exercise, risks, and more.



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