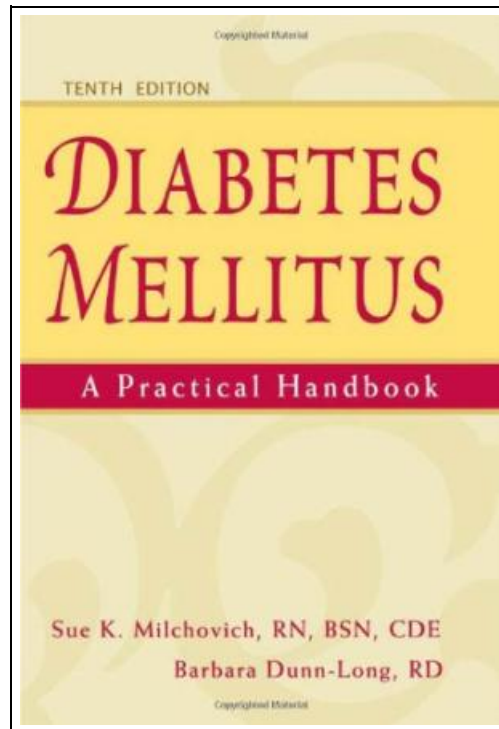


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Bull Publishing Company. Paperback. Book Condition: new. BRAND NEW, Diabetes Mellitus: A Practical Handbook (10th Revised edition), Sue K. Milchovich, This standard reference is now updated to include the latest proven practice and research. An increasing number of Americans are diagnosed with diabetes or prediabetes each year. "Diabetes Mellitus", in print and continually revised for over two decades, has never been more needed as a critical resource for people with diabetes and their families. Answers - The goal of this book is to present key information needed for care and treatment in simple, understandable terms. It explains how to fight diabetes and create optimal health. Though a final cure for diabetes is not yet available, techniques for managing the condition have continually advanced and can be learned. Accessible - The goal of this book is to present key information needed for care and treatment in simple, understandable terms. It explains how to fight diabetes and create optimal health. Though a final cure for diabetes is not yet available, techniques for managing the condition have continually advanced and can be learned. Simple Explanation - It is critical diabetics learn how to balance food, medication, and exercise as soon as they are diagnosed. The diet section of "Diabetes Mellitus" offers clear guidance on nutritional levels and explains basic needs, addressing topics such as serving size, cholesterol control, grocery shopping and dining out. Ideas into Practice - This book helps readers practice what they learn with sample meal plans, portion size guidelines, food exchanges, and healthy user-friendly suggestions to promote good nutrition. The exercise section provides useful, low-impact workout routines and discusses different forms of exercise along with practical guidance on how to start an effective exercise program. This updated edition also provides extensive coverage of the new delivery systems and latest medicines...



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