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Diabetes Survival Guide (Paperback)

By Stanley Mirsky M.D., Joan Rattner Heilman

Random House USA Inc, United States, 2007. Paperback. Condition: New. Revised and Updated ed.. Language: English . Brand New Book. This is a must-read book for all diabetics. -Derek LeRoith, M.D., chief of endocrinology, Mount Sinai School of Medicine The number of diabetics in the United States has increased 61 percent in the last decade. Now this classic, accessible guide has been completely revised with the latest medical findings and facts on diagnosis and treatment. Written by a leading diabetes specialist, Diabetes Survival Guide provides invaluable support, answers a variety of questions, and includes new information on - prediabetes: early warning signs for the millions at high risk for developing the disease - the Metabolic Syndrome: risk factors that, along with genetic predisposition, sow the seeds of diabetes - prevention: good news about the benefits of cinnamon, coffee, chocolate, black pepper, and other common foods and drinks - diet: sensible, easy-to-follow suggestions about what, when, and how much to eat (and the choices are delicious!) - new drugs: inhaled insulin powder, combination pills, insulin that lasts twenty-four hours, fast-acting designer insulin, and other milestones - cutting-edge equipment: state-of-the-art insulin pumps, glucose monitors, and pen injectors - complications: innovations for preventing...


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