

Dibetic

United States. National Commission on Diabetes

The Diabetic Male's Essential Guide to Living Well Joseph Juliano, M.D.,2015-10-27 An up-beat, take-charge daily health care manual for the diabetic Dr. Juliano's book pulls no punches about the seriousness of diabetes; he has been blind for fifteen years due to his disease and he draws on his own experience to offer hard-won day-to-day advice. He discusses insulin and other medications and stresses the importance of self-home blood-glucose monitoring, exercise, and good nutrition. He is honest about possible long-term complications to the diabetic eye, kidney, and vascular systems, and problems such as male pattern baldness and erectile dysfunction. Above all, he believes in positive thinking to help the diabetic live well. There are a resource guide, bibliography, and selected readings.

Thriving with Diabetes Paul Rosman,David Edelman,2015-07-15 Learn to Actively Manage Your Diabetes for a Healthy and Happy Life Thriving with Diabetes empowers you to take charge of your diabetes, so you don't just deal with your symptoms, but change the way you think to improve your health, happiness, and quality of life. Through a simple four-step process, you'll learn how to intuitively understand your blood sugars and what causes both good and bad numbers. This proactive approach results in the ability to manage diabetes personally, not just by a set of notes from the doctor. Step 1: Lower the Highs Step 2: Limit the Lows Step 3: Use Your Best to Fix the Rest Step 4: Play with Your Diabetes Written by Dr. Paul Rosman and David Edelman, co-founder of Diabetes Daily, Thriving with Diabetes is not just about eating properly (although that's certainly part of it!), but also about managing the daily challenges of physical activity, stress, pain, sleep patterns, and other life events that have a major, but underappreciated, impact on blood sugar trends. You'll also pinpoint your favorite meals and activities and use them as multipliers of success--focusing on the positive rather than the negative. The result is immediate and satisfying improvements to total health, both physically and mentally! Thriving with Diabetes has the answers you need. This comprehensive and easy-to-read guide is a great resource for people with diabetes, their families, and their caregivers. Everything we know about diabetes, testing, and medications is changing, and this up-to-date guide tells you exactly what you need to know. - Neal Barnard, M.D., author of Dr. Neal Barnard's Program for Reversing Diabetes Rather than regurgitate the same old formulas and definitions, Thriving with Diabetes helps us navigate the challenges of living day-in and day-out with this relentless and unpredictable chronic condition. Dr. Rosman and David Edelman show us that surviving diabetes isn't good enough. Thriving is truly where it's at. - Gary Scheiner M.S., CDE, author of Think Like A Pancreas,and the 2014 American Association of Diabetes Educators' Diabetes Educator of the Year Tired of feeling confused and frustrated with your diabetes? Thriving with Diabetes demystifies why blood sugars change, and gives you the tools you need to help you manage them successfully. - William Polonsky, Ph.D., CDE, co-founder and president of the Behavioral Diabetes Institute

My Doctor Says I Have a Little Diabetes Martha Hope McCool,Sandra Woodruff,1998-12-01 The diagnosis of diabetes can at first be very overwhelming. Your mind may be filled with questions—questions about what diabetes is, how you can cope with it, and what the possible complications may be. But the truth is that if you are one of the many people who have type 2 diabetes—also called non-insulin-dependent diabetes—there are many things you can do to control your diabetes. My Doctor Says I Have a Little Diabetes was designed to help you do just that. Written in easy-to-understand language, this book begins by explaining the basics of diabetes and diabetes care. The authors define exactly what diabetes is, and dispel many common misconceptions about this disorder. Each of the remaining chapters looks at a specific aspect of diabetes care. You'll learn how to effectively monitor your glucose level, how to follow a diet that you can live with (and enjoy!), and how to use exercise to maximize diabetes control and enhance your well-being. Still other chapters will help you master any diabetes medication you may be taking, assist you in understanding and controlling high and low blood glucose levels, and teach you to prevent complications. You'll even learn how to handle special situations such as illness and travel. Medical researchers have discovered that good diabetes care does indeed make a difference. Let My Doctor Says I Have a Little Diabetes be your guide to living successfully with diabetes.

What to Expect When You Have Diabetes American Diabetes Association,2016-06-14 Managing a chronic disease like diabetes can be overwhelming—especially if you're among the 1.7 million Americans who are newly diagnosed each year. Here is easy-to-read, steady advice in this newly updated book, written by the experts, so you can live well with diabetes, not just manage it. What to Expect When You Have Diabetes is a reliable companion for when you're swamped with questions but also have more information than you can absorb. The information in this book is geared especially toward people with type 2 diabetes, primarily because 90–95 percent of those with diabetes have type 2. Type 1 is more rare, but most of the treatment and lifestyle suggestions given here are helpful for both. A Q&A format, organized by topic for quick reference, provides authoritative but understandable answers to a range of questions, such as: Is diabetes a dangerous disease? Should I tell my supervisor and coworkers that I have diabetes? Will the medication I'm taking for depression affect my blood sugar? This book is a perfect companion to a health-care team and is sure to become a trusted reference as you live with diabetes.

Diabetes For Dummies Alan L. Rubin,2015-08-31 The straight facts on treating diabetes successfully With diabetes now considered pandemic throughout the world, there have been enormous advances in the field. Now significantly revised and updated, this new edition of Diabetes For Dummies includes the latest information on diabetes medications and monitoring equipment, new findings about treating diabetes in the young and elderly, new ways to diagnose and treat long- and short-term complications, updated nutritional guidelines, new tools for measuring blood sugar and delivering insulin to the body, and much more. There's no question that the burden of diabetes is increasing globally: it's estimated that 387 million people worldwide are living with diabetes, and that staggering number is expected to increase an additional 205 million+ by 2035. If you or a loved one is part of this overwhelming statistic, you can take comfort in the sensitive and authoritative information provided in this hands-on guide. From monitoring and maintaining your glucose to understanding the importance of exercising and eating right—and everything in between—Diabetes For Dummies takes the guesswork out of living with diabetes and empowers you to take control and keep your life on a healthy track. Reduce your risk of diabetes complications Discover the latest and the tried-and-true options for monitoring blood sugar Get up to speed on the various diabetes medications and lifestyle strategies Improve diabetes control and overall health If you're one of the millions of diabetics or pre-diabetics in search of an accessible and up-to-date resource to help you manage this disease, Diabetes For Dummies is the trusted guide you'll turn to again and again.

A Diabetic Manual for the Mutual Use of Doctor and Patient Elliott Proctor Joslin,1919
Diabetes Dateline ,1987

The Type 1 Diabetes Self-Care Manual Wood Jamie,Peters Anne,2017-11-08 The Type 1 Diabetes Self-Care Manual: A Complete Guide to Type 1 Diabetes Across the Lifespan for People with Diabetes, Parents, and Caregivers offers practical, evidence-based and common sense help for people with type 1 diabetes and their caregivers. For the close to 1.5 million people with type 1 diabetes in the United States alone and their family and friends, this book will help them understand the effects of type 1 diabetes, not just when diagnosed, but throughout their lifespan. Dr. Jamie Wood and Dr. Anne Peters, two of the most respected and sought-after endocrinologists, provide an easy-to-follow narrative on all aspects of the disease. The Type 1 Diabetes Self-Care Manual will be the go-to reference for everyone touched by type 1 diabetes.

Bittersweet Chris Feudtner,2004-01-21 One of medicine's most remarkable therapeutic triumphs was the discovery of insulin in 1921. The drug produced astonishing results, rescuing children and adults from the deadly grip of diabetes. But as Chris Feudtner demonstrates, the subsequent transformation of the disease from a fatal condition into a chronic illness is a story of success tinged with irony, a revealing saga that illuminates the complex human consequences of medical intervention. Bittersweet chronicles this history of

diabetes through the compelling perspectives of people who lived with this disease. Drawing on a remarkable body of letters exchanged between patients or their parents and Dr. Elliot P. Joslin and the staff of physicians at his famed Boston clinic, Feudtner examines the experience of living with diabetes across the twentieth century, highlighting changes in treatment and their profound effects on patients' lives. Although focused on juvenile-onset, or Type 1, diabetes, the themes explored in *Bittersweet* have implications for our understanding of adult-onset, or Type 2, diabetes, as well as a host of other diseases that, thanks to drugs or medical advances, are being transformed from acute to chronic conditions. Indeed, the tale of diabetes in the post-insulin era provides an ideal opportunity for exploring the larger questions of how medicine changes our lives.

The First Year: Type 2 Diabetes Gretchen Becker, 2012-10-25 Diagnosed with type-2 or non-insulin dependent diabetes in 1996, Gretchen Becker educated herself on every aspect of this chronic condition by reading medical books, talking with doctors, listening to her own body and using the Internet to communicate daily with other people with diabetes. Now, as a patient-expert, she guides all those newly diagnosed through everything they need to learn and do in the crucial first year after diagnosis. This indispensable guide simplifies but never patronises and offers a wider approach than any so far adhered to by doctors. It answers all the questions that assail the newly diagnosed: How to cope with daily maintenance? How to make sense of the terminology about measurement of blood-glucose levels? How to build self-knowledge and confidence? How, overall, best to adjust to life with diabetes.

Report of the National Commission on Diabetes to the Congress of the United States: Reports of committees, subcommittees, and workgroups. pt. 1-2. Scope and impact of diabetes. pt. 3. Etiology and pathology of diabetes. pt. 4. Treatment of diabetes. pt. 5. Diabetes education for health professionals, patients, and the public. pt. 6. Workgroup reports United States. National Commission on Diabetes, 1976

No Second Chances Jack Verani, 2011 Do you want to stop Diabetic Complications TODAY? In *No Second Chances: How to Stop Diabetes in its Tracks*, author Jack Verani presents a solution-centered approach for staying in control of Type 1 diabetes. With insightful true stories and anecdotes, Jack shows the reader a lifestyle that can prevent diabetic complications. It allows the reader, through the eyes of a diabetic, to take a light-hearted journey into the medical changes made in diabetes over the last 40 years. In this life-changing book, Jack Verani reveals a successful approach to get diabetes to work with you so that you remain in control and complication free. But be warned it's not easy, diabetes is never easy.

The Medical Library Association Guide to Finding Out about Diabetes Dana L. Ladd, Alyssa Altshuler, 2013 For the more than 26 million Americans diagnosed with or affected by diabetes, having accurate information on the disease is crucial. But the sheer volume of information available can be daunting for patients and caregivers alike. This comprehensive guide provides librarians and library users with background on key diabetes concepts, encompassing reliable print and electronic resources, including hard-to-find periodicals and audiovisual sources. Each chapter in this guide presents an overview and description as well as an annotated list of multi-format resources on topics including: Types 1 and 2 and gestational diabetes Diet, clinical trials, and support sources Legal and insurance issues With this guide, librarians can deepen their understanding and collections, and thus improve service to the growing number of patrons affected by, at-risk for, or curious about this pervasive disease.

Diabetes Head to Toe Rita R. Kalyani, Mark D. Corriere, Thomas W. Donner, Michael W. Quartuccio, 2018-12-18 Silver Winner of the 2019 Benjamin Franklin Awards (Health & Fitness) of the Independent Book Publishers Association.

Rethinking Diabetes Gary Taubes, 2024-01-02 An eye-opening investigation into the history of diabetes research and treatment by the award-winning journalist and best-selling author of *Why We Get Fat* • [Gary] Taubes's meticulous, science-based work makes him the Bryan Stevenson of nutrition, an early voice in the wilderness for an unorthodox view that is increasingly becoming accepted.—Niel Barsky, *The Guardian* Before the discovery of insulin, diabetes was treated almost exclusively through diet, from subsistence on meat, to reliance on fats, to repeated fasting and near-starvation regimens. After two centuries of conflicting medical advice, most authorities today believe that those with diabetes can have the same dietary freedom enjoyed by the rest of us, leaving the job of controlling their disease to insulin therapy and other blood-sugar-lowering medications. Rather than embark on “futile” efforts to restrict sugar or carbohydrate intake, people with diabetes can lead a normal life, complete with the occasional ice-cream cake, side of fries, or soda. These guiding principles, however, have been accompanied by an explosive rise in diabetes over the last fifty years, particularly among underserved populations. And the health of those with diabetes is expected to continue to deteriorate inexorably over time, with ever-increasing financial, physical, and psychological burdens. In *Rethinking Diabetes*, Gary Taubes explores the history underpinning the treatment of diabetes, types 1 and 2, elucidating how decades-old research that is rife with misconceptions has continued to influence the guidance physicians offer—at the expense of their patients' long-term well-being. The result of Taubes's work is a reimagining of diabetes care that argues for a recentering of diet—particularly, fewer carbohydrates and more fat—over a reliance on insulin. Taubes argues critically and passionately that doctors and medical researchers should question the established wisdom that may have enabled the current epidemic of diabetes and obesity, and renew their focus on clinical trials to resolve controversies that are now a century in the making.

The Johns Hopkins Guide to Diabetes Christopher D. Saudek, Richard R. Rubin, Thomas W. Donner, 2014-04-30 A comprehensive guide to the disease includes up-to-date information and answers questions for sufferers and their families.

What Should I Eat? Rick Mymstrom, 2021-02-15 *What Should I Eat* is based on 80,000 blood tests taken after nearly every meal the author's eaten for the past 34 years. *What Should I Eat* will be life changing if: you're a TYPE2 DiABETiC who wants to lower your blood sugar and lose weight, or you're a PREDiABETiC or BoRDERliNE DiABETiC who wants to avoid ever getting diabetes, or you're a TYPE 1 DiABETiC who wants to improve blood sugar control and live a long, healthy life, or you're one of the two thirds of American adults who want to Lose Weight!

Nutritional Strategies for the Diabetic/Prediabetic Patient Jeffrey I. Mechanick, Elise M. Brett, 2006-01-27 While nutrition is central to the management of diabetes, there is no onedietetic diet. Nutritional prescriptions depend on the type of diabetes, food preferences, lifestyle, treatment regimen, comorbidities, state of health, and the route of caloric administration. *Nutritional Strategies for the Diabetic/Prediabetic Patient* is a comprehensive r

The Secrets of Living and Loving with Diabetes Janis RD, CDE, LD/N Roszler, William H. PhD, CDE Polonsky, 2014-10-14 When you or a loved one has diabetes, it can bring stress, tension, and worry into your relationship. Using current medical information, skill-building exercises, questionnaires, personal anecdotes, and humor, *The Secrets of Living and Loving with Diabetes* helps readers gain control of their diabetes and reach a new level of confidence in their relationships. In this book, three experts deliver advice on issues such as handling nagging friends and relatives, injecting insulin discreetly while dining out, bringing up the subject of blood sugar highs and lows before turning out the bedroom lights, and avoiding diabetes urgencies becoming emergencies. Also included are practical tools like exercises, quizzes, questions, checklists, and coping strategies. According to the American Diabetes Association, over 29 million people in the US have diabetes—nearly 10% of the population. There is a great urgency to not only better understand the physical effects of diabetes, but the emotional and interpersonal ones as well. *The Secrets of Living and Loving with Diabetes* helps readers take control of their diabetes; deal with fears, feelings, and emotions; enlist support from family, friends, and online resources; have diabetes and a fulfilling sex life; and discover the communication tools needed to build better relationships.

Therapy for Diabetes Mellitus and Related Disorders Guillermo E. Umpierrez, 2014-06-02 Nearly 100 of the world's leading medical researchers and clinicians share their expertise on the diagnosis, treatment, and care of people with diabetes mellitus. This newly

revised sixth edition is a comprehensive guide to type 1, type 2, and gestational diabetes. New diabetes treatment strategies include medical nutrition therapy with diabetes diet and exercise programs. This guide covers the latest research on diabetes medication and technology with insulin-pump therapy, insulin secretagogues, incretin mimetics, and medications for obesity, as well as advances in diabetes prevention. Family care topics include diabetes in pregnancy, diabetic ketoacidosis, childhood obesity, and type 2 diabetes in children. Other topics include glycemic control, diabetes complications and comorbidities, diabetes mellitus therapy in different patient groups, and much more. This is an excellent resource for physicians seeking to provide the most current treatment for their patients. Therapy for Diabetes Mellitus and Related Disorders is the most comprehensive clinical reference work available on the disease.

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