



The Complete Guide to Living Well with Diabetes (Healthy Home Library)

Deborah Mitchell, Winifred Conkling

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- The most up-to-date medical information on type 1, type 2, and gestational diabetes
- Assess the risk factors, get diagnosed, and receive the right treatment from the best possible health-care providers
- Helpful tips for purchasing, storing, and administering insulin
- The emotional challenges of living with diabetes, or caring for a loved one
- Common complications and how to avoid or minimize them
- Control blood-sugar levels with a personalized nutrition plan and exercise program
- Diabetes and pregnancy
- The latest diabetes research and resources



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