

A McGraw-Hill Sourcebook

"A superb resource. People with Type 2 diabetes can use this book to educate themselves . . . and help their loved ones enjoy a healthy life."

—Francine Kaufman, M.D., past president, American Diabetes Association

THE TYPE 2 DIABETES SOURCEBOOK

EVERYTHING YOU NEED TO KNOW ABOUT:

- Tests, medications, and treatments
- The emotional and financial challenges of living with Type 2
- Nutrition, exercise, weight loss, and stress reduction
- Type 2 diabetes and children

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THIRD EDITION

David Drum and Terry Zierenberg, R.N., CDE

Foreword by Calvin Ezrin, M.D.

Type 2 Diabetes Sourcebook

M. Sara Rosenthal



Type 2 Diabetes Sourcebook:

The Type 2 Diabetes Sourcebook David Drum, David E. Drum, Calvin Ezrin, Terry Zierenberg, 2000 Offers a low carbohydrate diet and provides a simple exercise program relaxation techniques and a section on foods and recipes The Type 2 Diabetes Sourcebook David Drum, Terry Zierenberg, 2006-01-06 The latest guidelines for lasting health from the American Diabetes Association Completely revised and updated this essential resource for people with diabetes includes new information on the rise of type 2 diabetes in children metabolic syndrome and the most recent recommendations for diet and exercise It also provides up to the minute findings on the new diabetes drugs on the market and updated lab test and clinical practice guidelines from the American Diabetes Association **Type 2 Diabetes Sourcebook** David E. Drum, 2000 **The Type II Diabetes Sourcebook** David Drum, David E. Drum, Terry Zierenberg, Terry Zierenberg, R.N., C.D.E., 1998 For the 13 million Americans with Type II diabetes health management is a vital part of controlling the illness This complete guide to the physical emotional and financial aspects of coping with Type II stresses the importance of blood sugar testing nutrition exercise and working with a health care team to manage the condition *The Type 2 Diabetes Sourcebook for Women* M. Sara Rosenthal, 2005-05-09 A vital sourcebook for the millions of American women diagnosed with type 2 diabetes The Type 2 Diabetes Sourcebook for Women answers women s questions about how to manage diabetes and shows how to cope with the disease to live a fuller healthier life A major revision of M Sara Rosenthal s guide on the subject The Type 2 Diabetes Sourcebook for Women focuses on The revised screening guidelines for diagnosis The latest medications and treatments available How women s hormones interact with insulin How menopause and pregnancy affect diabetes management How low carb diets can be dangerous for women with type 2 diabetes How to follow the ADA carb counting guidelines while avoiding weight gain **Diabetes Sb, 8th Ed.** Kevin Hayes, 2021 Diabetes Sourcebook Eighth Edition provides basic consumer information about the different types of diabetes and how they are diagnosed It discusses strategies for controlling diabetes and managing daily life challenges It includes information about the complications of diabetes and their prevention and offers guidelines for recognizing and treating diabetic emergencies The book concludes with updated information regarding the most recent research in diabetes care a glossary of related terms and a list of resources for additional help and information **The Diabetes Sourcebook** Diana W. Guthrie, Richard A. Guthrie, 1999 Revised to take into account the latest methods of treatment this bestselling sourcebook stresses a complete educational programme that emphasises the importance of nutrition and exercise in combating diabetes **The Canadian Type 2 Diabetes Sourcebook** M. Sara Rosenthal, 2009-05-12 The Most Trustworthy Source for Canadians with Type 2 Diabetes Trusted by Canadian doctors and patients for over ten years The Canadian Type 2 Diabetes Sourcebook is the only medically researched guidebook that allows you to learn about diabetes directly from the experts This one stop resource provides everything you need to know about managing Type 2 diabetes creating the best health care team for you and understanding the latest medical advice Updated

and aligned with the most recent clinical guidelines this new edition covers the most up to date medications lifestyle recommendations and treatment options with entirely new information about pediatric Type 2 diabetes INSIDE Diabetes basics the what who and why Creating your diabetes health care team Testing your blood sugar and managing the highs and lows What to eat and how to maintain a healthy diet including low glycemic eating The role of active living Diabetes medications revised and updated to reflect the latest Canadian clinical guidelines Special circumstances and risk factors pregnancy and fertility menopause aging and obesity The unique challenges faced by Aboriginal Canadians Complications and how to prevent them heart disease nerve damage vision problems kidney damage circulatory problems and more A comprehensive list of resources to help you along every step of the way All new information about pediatric Type 2 diabetes

Diabetes Sourcebook, 2016 Provides updated information for people seeking to understand the risk factors complications and management of type 1 diabetes type 2 diabetes gestational diabetes and monogenic forms of diabetes those that result from mutations in a single gene **The Diabetes Sourcebook** Diana W. Guthrie, Richard A. Guthrie, 2003-07-16 Written by two renowned diabetes specialists this is a complete all in one resource for the millions suffering from Type I and Type 2 diabetes Fully updated with the latest treatments and developments in diabetes **Diabetes Sourcebook**, 2018 **The Canadian Type 2 Diabetes Sourcebook** Sara M. Rosenthal, 2005-02-18 YOUR GUIDE TO HEALTHY LIVING Enabling self management is what The Canadian Type 2 Diabetes Sourcebook is all about a comprehensive resource that is there for you when you need the right information at the right time Michael Evans M D CCFP The only Canadian reference on Type 2 diabetes The Canadian Type 2 Diabetes Sourcebook 2nd edition has been updated with all the latest recommendations and research The ultimate resource this book provides everything you need to know about this disease Learn how Type 2 diabetes affects your body Find out how to assemble the best health care team and how to make lifestyle changes that will keep you healthy INSIDE Diabetes basics what it is who is at risk starting facts on its prevalence How to maintain a healthy eating and activity plan How to accurately test your blood sugar and manage the highs and lows The latest on diabetes medications Information on special circumstance obesity pregnancy menopause hormone replacement therapy A new section on diabetes and aging The unique challenges faced by aboriginal Canadians Type 2 diabetes complications heart disease nerve damage circulatory problems and how to prevent them A glossary of organizations and Web Sites dedicated to Type 2 diabetes **Diabetes Sourcebook** Karen Bellenir, 2008 According to the Centers for Disease Control and Prevention CDC the number of people in the United States with diagnosed diabetes has more than doubled in the last 15 years but many cases an estimated one in three remain undiagnosed Recent statistics suggest that a total of nearly 21 million Americans have diabetes and another 54 million U S adults have prediabetes placing them at high risk for developing the disorder Diabetes is one of the leading causes of death and disability in the United States and its long term complications can affect almost every part of the body Although there is no known cure proper management including lifestyle changes early

detection and education about diabetes self management can help prevent the onset of diabetes among adults at high risk and reduce the burden of diabetes complications Diabetes Sourcebook Fourth Edition contains updated information for people seeking to understand the risk factors complications and management of type 1 diabetes type 2 diabetes gestational diabetes and monogenic forms of diabetes those that result from mutations in a single gene It offers information about lifestyle modifications related to delaying the onset of diabetes and managing its course after it has been diagnosed It discusses medical interventions including the use of insulin and oral diabetes medications self monitoring of blood glucose and complementary and alternative therapies Diabetes complications including eye disease gum disease nerve damage and kidney problems are also addressed The book concludes with a glossary of related terms and directories of information for people with diabetes or kidney failure Book jacket *Diabetes Sourcebook* Sandra J. Judd,2011 Provides updated information for people seeking to understand the risk factors complications and management of type 1 diabetes type 2 diabetes gestational diabetes and monogenic forms of diabetes those that result from mutation of a single gene **Diabetes Sourcebook, 8th Ed.** James Chambers,2021-11-01 Provides basic consumer health information about diagnosis treatment and management of Type 1 and Type 2 diabetes along with facts about lifestyle issues and preventing complications Includes index glossary of related terms and other resources **The Canadian Type 2 Diabetes Sourcebook, 3rd Edition** M. Sara Rosenthal,2012-12-17 *Diabetes Sourcebook* Dawn D. Matthews,2003 Basic Consumer Health Information about Type 1 Diabetes Insulin Dependent or Juvenile Onset Diabetes Type 2 Diabetes Non insulin Dependent or Adult Onset Diabetes Gestational Diabetes Impaired Glucose Tolerance IGT and Related Complications Such as Amputation Eye Disease Gum Disease Nerve Damage and End Stage Renal Disease Including Facts about Insulin Oral Diabetes Medications Blood Sugar Testing and the Role of Exercise and Nutrition in the Control of Diabetes Along with a Glossary and Resources for Further Help and Information **Diabetes Sourcebook** Kevin Hayes (Editor of health information),2022 Provides basic consumer health information about risk factors prevention diagnosis and management of diabetes along with facts about maintaining a healthy lifestyle and preventing complications Includes index glossary of related terms and other resources *Diabetes Sourcebook* Karen Bellenir,1999 New edition of a text that provides information on diabetes divided into sections on diabetes prevalence types of diabetes and related disorders diabetes management the role of diet and exercise in diabetes management insulin and other diabetes medicines complications of diabetes research initiatives and additional help and information This edition features consumer health information for the different types of diabetes new recommendations for diabetes management and self care and reports on recent research initiatives Annotation copyrighted by Book News Inc Portland OR *The Canadian Type 2 Diabetes Source Book* M. Sara Rosenthal,2002-03-22 The only Canadian book on Type 2 diabetes is a one stop guide to everything you need to know about this disease Learn how Type 2 diabetes affects your body Find out how to assemble your health care team and how to make the lifestyle changes that will keep you healthy INSIDE

Diabetes basics How to maintain a healthy eating and activity plan How to test your blood sugar and manage the highs and lows Diabetes medications Information on special circumstances obesity pregnancy menopause hormone replacement therapy The unique challenges faced by Aboriginal Canadians Type 2 diabetes complications heart disease nerve damage circulatory problems and how to prevent them A glossary and lists of organizations and Web sites dedicated to Type 2 diabetes

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