



I Have Diabetes. Now What?

By Cde II MD Newby, Cde Dnp Fnp-Bc Newby

Page Publishing, Inc., United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. I have diabetes. Now what? is a unique handbook for type 2 diabetes. It gives a concise and easy to read explanation into the various aspects of diabetes, especially if you are a new diabetic. It is intended as a one-stop shop for all the basic questions one may have. It explores the subjects of epidemiology, defining diabetes, diagnosing diabetes, complications, diet, exercise, medications, testing, standards of care, impact on lifestyle, financial impact, other impacting health conditions and frequently asked questions. Each chapter has a short list of highlights to describe to you its contents. Most people feel overwhelmed, anxious and afraid when diagnosed with diabetes. This book helps you to understand your fears and how to combat them with knowledge. This book helps you to understand the impact of your diet on caring for your diabetes. It also helps you to understand how your medication works so that you get a better understanding of the vital role medication has in your overall control. You will understand how and why exercise is vital is the...



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Reviews

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-- **Enrique Ritchie Sr.**

This book is indeed gripping and interesting. It really is rally exciting through studying period. Its been written in an extremely easy way and is particularly merely soon after i finished reading this book through which in fact changed me, affect the way i think.

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