



## Mayo Clinic Essential Diabetes Book (Mayo Clinic the Essential Diabetes Book)

*By Mayo Clinic*

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This title provides practical advice to help success - fully manage diabetes and reduce the risk of serious complications. If you are at risk of the disease, you'll learn about lifestyle changes that may keep you from developing diabetes.

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## **Mayo Clinic Essential Diabetes Book (Mayo Clinic the Essential Diabetes Book) By Mayo Clinic Bibliography**

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### **Editorial Review**

From Publishers Weekly

The latest condition-specific volume from the Mayo Clinic (Mayo Clinic Fitness for EveryBody, Mayo Clinic Guide to Alzheimer's, etc.), this guide to diabetes takes on the seventh-leading cause of death in the U.S., a disease afflicting 24 million Americans. With contributions from a number of doctors, nurses, and educators, the message is encouraging: "you can enjoy an active and healthy life... if you do your part." Chapter one presents disease facts, spelling out the differences between type I (largely heredity) and type II (the fast-rising kind, related to lifestyle issues like obesity). Subsequent chapters explain blood glucose levels, how to monitor them and how to control them with medication and diet. The book iterates often that, "contrary to popular myth," there "is no diabetes diet," but rather a simple strategy of moderation, variety and regular meal times (which epicureans in mourning should appreciate, along with easy, imaginative recipes like Baked Chicken with Pears). The next chapters deal with food, exercise, self-motivation, and specific medical issues like insulin pumps and prescription treatments. Much information on prevention gives this volume a wider appeal; any household with a diabetes patient (or a family history) should find use for this thorough, friendly, fully-illustrated overview.

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### **Users Review**

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**Millicent Doty:**

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**Samantha Smith:**

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