

Your First Year With Diabetes: What To Do, Month By Month - Theresa Garnero

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A 12-month plan for surviving diabetesThe most frightening moment for most people with diabetes is when they are first diagnosed. They are filled with questions: What can I eat? What should I do? Is there a plan for me to follow? While some people get a plan from their doctor, most people do not. Your First Year with Diabetes is the plan for everyone. It walks you step-by-step through a first-30-days survival plan, then shows a month-by-month program for what comes next. Everything from a basic explanation of diabetes, what you can eat right away, and instructions on how to check glucose to a deeper knowledge about diabetes nutrition, avoiding complications, and better management. Your First Year with Diabetes also anticipates and explains problems such as depression, illnesses, and needing to lose weight.Author: Garnero, Theresa Publisher: American Diabetes Association Illustration: N Language: ENG Title: Your First Year with Diabetes: What To Do, Month by Month Pages: 00316 (Encrypted PDF) On Sale: 2008-10-03 SKU-13/ISBN: 9781580403016 Category: Health & Fitness : Diseases - Diabetes Category: Health & Fitness : Health Care Issues Category: Health & Fitness : Nutrition

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