



# Diabetes For Canadians For Dummies

*Ian Blumer, Alan L. Rubin*

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# Diabetes For Canadians For Dummies

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**Diabetes For Canadians For Dummies** Ian Blumer, Alan L. Rubin

**The straight facts on treating diabetes successfully and living a full and active life**

Want to know how to manage your diabetes? This friendly book offers you reassuring guidance in putting together a state-of-the-art treatment program. Discover all the advances in monitoring glucose, the latest medications, and how to develop a diet and exercise plan to stay healthy. Full of interesting anecdotes and helpful advice, this is your ultimate diabetes reference.

- Get the latest information — read about the newest recommendations from the Canadian Diabetes Association and the up-and-coming advances in medicines and monitors
- Handle low and high blood-glucose emergencies — learn how to identify the symptoms that require urgent attention and how to treat the problem
- Manage diabetes and pregnancy — know what to do during pregnancy to help ensure a healthy baby
- Get to know your health care team — find the health care providers you need, from your family physician to your diabetes nurse educator to your dietitian, and more
- Manage your diabetes through exercise and nutritional know-how — achieve and maintain good diabetes health with suggested exercises and healthy eating tips
- Control your blood glucose through medication — find out everything you need to know, from treatment tips to potential side-effects

"Finally there is a book that I can recommend to people with diabetes."

—**Dr. Anne Kenshole, Professor of Medicine, University of Toronto**

Open the book and find:

- The symptoms and causes of your diabetes
- How to monitor and record your blood glucose levels
- Tips for taking and caring for insulin
- Guidance on getting the vitamins and minerals you need from your diet
- How to incorporate exercise into your diabetes treatment plan
- What you need to know about alternative medicines
- Ways to get the best possible health care
- Useful Web sites to help keep you informed

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Have you spare time for the day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the actual Mall. How about open or perhaps read a book allowed Diabetes For Canadians For Dummies? Maybe it is to be best activity for you. You already know beside you can spend your time with the favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have different opinion?

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