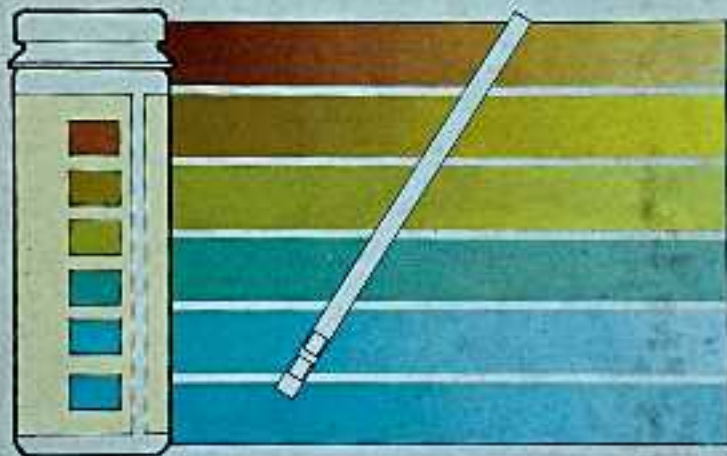




Diabetes

Causes, Prevention & Treatment



A comprehensive & practical positive intervention guide for control and care of diabetes through diet, medication and exercise.

Ada P. Kahn *M.D.*

Diabetes

Causes, Prevention & Treatment

Ada P. Kahn, M.P.H.



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Diabetes

Causes, Symptoms & Early Detection
Exercise, Diet, Medication & Self Control

Children and Diabetes

Pregnancy and other Special Concerns of women.



Diabetes is not a disease of blood sugar alone. Like no other disease, it involves the entire body and all its systems. Therefore, controlling not only the blood sugar, but also the factors controlling blood sugar is important. This book not only provides up-to-date information on diagnosis, medication and treatment of diabetes, but also explains how it can be controlled with greater attention to an individual's diet, changes in smoking and drinking habits, weight control, more exercise and a healthier lifestyle. It explains how to monitor the condition at home and gives practical guidelines and helpful advices for everyday problems of living with diabetes and leading a normal, healthy and active life.

Diabetes can be controlled.

Scientific and simple-to-understand meal planners and exchange charts help you with effective sugar control.



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