



American Diabetes Association Complete Guide to Diabetes

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The most complete self-care guide available from the leaders in diabetes information

The most up-to-date information on:

- New Diabetes Drugs and Insulin
- Achieving Blood Sugar Control
- Preventing Complications
- Handling Emergencies
- Testing
- Using a Meter
- Insulin Pumps
- Nutrition
- Exercise
- Sexuality
- Pregnancy
- Insurance
- And Much, Much More

The American Diabetes Association — the nation's leading health organization supporting diabetes research, information, and advocacy — has revised this one-volume sourcebook to bring you all the information you need to live an active, healthy life with diabetes.

This comprehensive home reference gives you information on the best self-care techniques and latest medical breakthroughs. No matter what type of diabetes you have, this extraordinary guide will answer all your questions.

Find out how to:

- Choose the best health-care team for you
- Maintain tight control over blood glucose levels
- Buy, use, and store insulin
- Recognize warning signs of low blood sugar
- Design an effective exercise and weight-loss plan
- Save money on supplies
- Maximize insurance coverage
- Balance family demands and diabetes
- And more

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