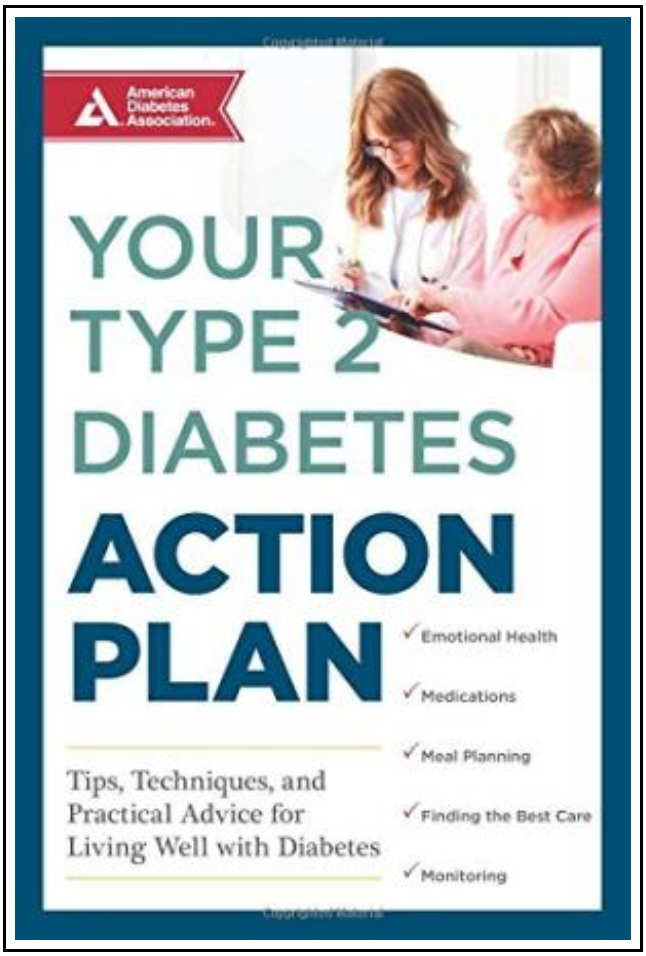
Your Type 2 Diabetes Action Plan: Tips, Techniques, and Practical Advice for Living Well with Diabetes



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Reviews

This pdf is so gripping and intriguing. I could comprehended almost everything using this composed e ebook. You are going to like just how the article writer create this ebook.
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American Diabetes Association, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. Nearly two million people are diagnosed with type 2 diabetes in the United States every year. Many more are diagnosed with prediabetes. For the millions of people already living with diabetes, preventing or treating the many complications of diabetes is a constant concern. Often, what each of these individuals needs to control his or her blood glucose, treat complications, or prevent diabetes entirely is a change a change in nutrition, a change in physical activity, a change in medication, a change in lifestyle. To help facilitate these changes, these individuals require clear recommendations based on established research that can help them quickly make the adjustments they need to improve their condition and create lifelong healthy habits. What they need is an action plan. Designed specifically for those are ready to take action, Your Type 2 Diabetes Action Plan is a concise, step-based approach to quickly improving blood glucose management and quality of life. Diabetes self-care advice can often be overwhelming and, coupled with the shock of diagnosis, it s easy to be paralyzed by the enormity of new information. To prevent this, the Diabetes Action Plan breaks down complicated concepts and long-term goals into manageable steps that are measured in days and weeks. Each attainable, short-term objective then builds upon the previous step to engender long-term self-care change. Topics include improving glucose management and optimizing medication; increasing physical activity; creating a diabetes meal plan; treating and coping with complications; getting the most out of a health care team; improving family health, and much more. Presented in clear, actionable steps, this is the perfect guide to a longer, better life with type 2 diabetes.

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