



## Diabetes Among Older Adults (Management of the Chronic Condition)

By Solomon Barroa R N

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you or someone you know have a diagnosis of Diabetes ? Has the process of monitoring the blood sugar been taught? or even the procedure for self administering insulin injections? Has there been a diet regimen that was prescribed to stabilize the glucose fluctuations? Or perhaps an exercise program that aims to reduce weight? Diabetes is a chronic condition that disrupts the aging process. It destroys a happy lifestyle and threatens to injure the human body. People actively engaging in self-care manage their blood sugar levels and keep diabetes from disrupting their happy lifestyle. This book disseminates the information needed to manage the chronic condition of diabetes for older adults. It covers the fundamentals of diabetes such as classifications and differentiation, causes and risks, pathophysiology, diagnostic tests, treatment modalities, diet regimen, beginners exercises, diabetic recipes with pictures, nutrient values of foods, normal process of aging, reading food labels and so much more. The chapters in this book are: Chapter 1: The Biological Changes in the Aging Process Chapter 2: The Cognitive Changes in the Aging Process Chapter...



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