

# Living with Diabetes

## Bantam Books - Living Healthy with Diabetes

**Evidence-based workshop for those living with diabetes**  
(Type 1 or Type 2 Diabetes)

**Self-management techniques include:**

- Observing symptoms and knowing what to do
- Learning to communicate better with healthcare providers
- Healthy eating
- Engaging in regular and appropriate physical activity
- Managing stress and emotions (frustration, depression, fear)
- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia
- Using medications in a safely and effectively.

"Whether a newly diagnosed diabetic or someone who has had diabetes for years, this course will keep you updated and aware of ways you can help yourself maintain a healthy lifestyle."



Description: -

- Science/Mathematics

Medical / Nursing

Endocrinology & MetabolismLiving with Diabetes

-Living with Diabetes

Notes: -

This edition was published in July 1986



Filesize: 60.24 MB

Tags: #Diabetes #Complications #& #Long

### Living With Type 1 Diabetes

Actions you can take The marks in this booklet show actions you can take to manage your diabetes. Regular physical activity also helps your body use insulin more efficiently. The elusive 6-7 percent HbA1c is, for me, an over-rated determinant of glucose control.

### Living Well with Diabetes Workbook

Try to limit food extravaganzas to the holiday itself rather than to the entire holiday season. There are so many variables to keep in mind -- food, exercise, stress, general health, etc. What long-term problems may affect people with diabetes? Your plan will show how often you should check your glucose and how often to get the A1C test.

### Everyday Life with Diabetes

So, start gently but make it a critical part of your arsenal in dealing with diabetes.

### Living Well with Diabetes Workbook

However, if you are determining your insulin dose based on the amount of carbs you are eating, then it is a good idea to be accurate. T2D Healthline is a free app that provides support through one-on-one conversations and live group discussions. So, the DRI's Education Team has developed short brochures about the topics listed below -- offering useful tips on many of the day-to-day issues facing people living with diabetes.

### Living With Diabetes :: Diabetes Education Online

The more you know about factors that influence your blood sugar level, the more you can anticipate fluctuations — and plan accordingly. But through the years, this gap has been closing.

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## Related Books

- [Log of the Centurion - based on the original papers of Captain Philip Saumarez on board H.M.S. Centurion](#)
- [Boccherini's body - an essay in carnal musicology](#)
- [Your food](#)
- [True reporte, of the late discoveries, and possession - of the New-found landes](#)
- [Basic home remedies - a macrobiotic guide to special drinks, compresses, plasters, and other natural](#)