



The Sheldon Short Guide to Diabetes

By Craggs-Hinton Christine

Paperback. Book Condition: New. Not Signed; Description: With this short guide, grasp the essentials of diabetes and its management. According to the World Health Organisation, type 2 diabetes has been described as a global epidemic. It can ruin quality of life as well as resulting in complications such as cardiovascular disease, stroke, kidney disease and blindness. Key to its management is weight loss, which helps the body use insulin more effectively. This book describes diabetes and its management. Topics include: * The pancreas - controlling glucose levels * Types of diabetes and their symptoms * Risk factors for diabetes * Complications of poorly controlled diabetes * Treating diabetes with drugs * Treating diabetes by changing your lifestyle * Diet and diabetes - the first steps * Using supplements safely. book.



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