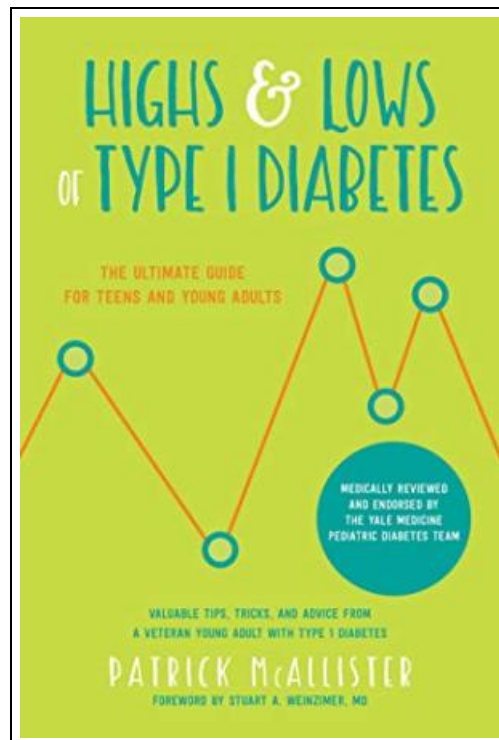


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Reviews

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Skyhorse Publishing, United States, 2018. Paperback. Condition: New. Language: English. Brand new Book. Valuable tips, tricks, and advice from a veteran young adult with Type 1 diabetes. Type 1 diabetes (T1D) can be a daunting diagnosis, especially for a young kid or a teen. Patrick McAllister knows. Diagnosed with T1D at age twelve, McAllister's life changed forever, and he faced an uncertain future of insulin shots, diet regulations, and high school. If only I had a roadmap, he thought. So, years after he learned things the hard way, he decided to write one. Whether it is managing mood swings, hormones, or blood sugar levels, Highs & Lows of Type 1 Diabetes is the ultimate teenager's and young adult's handbook for surviving, thriving, and flourishing with T1D during one of the most terrifying, yet exciting, phases of your life. Many think of T1D as a scary disease that is sporadic and uncontrollable, but after eight years of dealing with the literal and figurative highs and lows of T1D, McAllister has learned that it is more a lifestyle change. These pages detail a framework for every situation you could possibly imagine involving T1D, from coming home from the hospital after your diagnosis to preparing to leave your nest for freshman year at college. Learn how to: Count carbohydrates, pump insulin like a pro, and correct irregular blood sugar levels Tell your friends, get good grades, and survive school Play sports with the right game-plan Navigate sex, drugs, and rock 'n' roll And more! Type 1 diabetes stinks, but you don't have to go through it blind and alone! Some have learned it the hard way, but Highs & Lows of Type 1 Diabetes will ensure that you will take control of your T1D diagnosis, conquer your adolescent years, and live a healthy and fulfilling life.

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