



Your Guide to Understanding and Dealing with Type 2 Diabetes: What You Need to Know (Personal Health Guides)

Dr. Keith Souter

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Type 2 diabetes often smolders on for a long time before it is recognized and diagnosed—it is believed that there are hundreds of thousands of undiagnosed cases. This book gives the basic information needed to understand what type 2 diabetes is, how to recognize it, and, most essentially, how to manage it, including details on the symptoms of type 2 diabetes; risk factors for type 2 diabetes and how to reduce those risks; the various medicinal treatments and support available; and changes to daily routines, diet, exercise, and attitude that can improve life with type 2 diabetes.

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Orlando Bush:

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