



Understanding Diabetes Type 2: Recipes & Exercise Plans for the Newly Diagnosed

Richard L Young

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Today, on average, 1,700 people will be diagnosed with Type 2 Diabetes. This guide is designed to reinforce information given to the newly diagnosed Type 2 Diabetes patient. Doctors have little time to go over what diabetes is and how to manage diabetes through diet and exercise for a long and healthy life. The goal of this guide is to put the doctor's instructions in plain English. Type 2 diabetes is initially managed by increasing exercise and dietary modification. If blood glucose levels are not adequately lowered by these measures, medications such as Metformin or insulin may be needed. There is typically the requirement to routinely check blood sugar levels. Rates of diabetes have increased markedly over the last 50 years in parallel with obesity. As of 2010 there are approximately 285 million people with the disease compared to around 30 million in 1985. Long-term complications from high blood sugar can include heart disease, strokes, diabetic retinopathy where eyesight is affected, kidney failure which may require dialysis, and poor circulation of limbs leading to amputations.

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