



Mayo Clinic the Essential Diabetes Guide 2010 (treatment strategies for managing your blood sugar plus what foods to eat)

Maria Collazo-Clavell M.D.

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This book is your complete guide to successfully managing diabetes. Whether you've recently been diagnosed with diabetes or you've lived with it for a number of years, Mayo Clinic the Essential Diabetes Guide provides the latest information on how to live well with the disease so that you can enjoy a full & productive life. The advice comes from Mayo specialists who provide personal insight into various aspects of diabetes management. Includes symptoms & risk factors, treatment strategies for managing your blood sugar, latest advances in insulin delivery & new medications, ways to decrease the risk of complications, & what foods to eat, including recipes & exercises. Important information on both type 1 & type 2 diabetes.

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