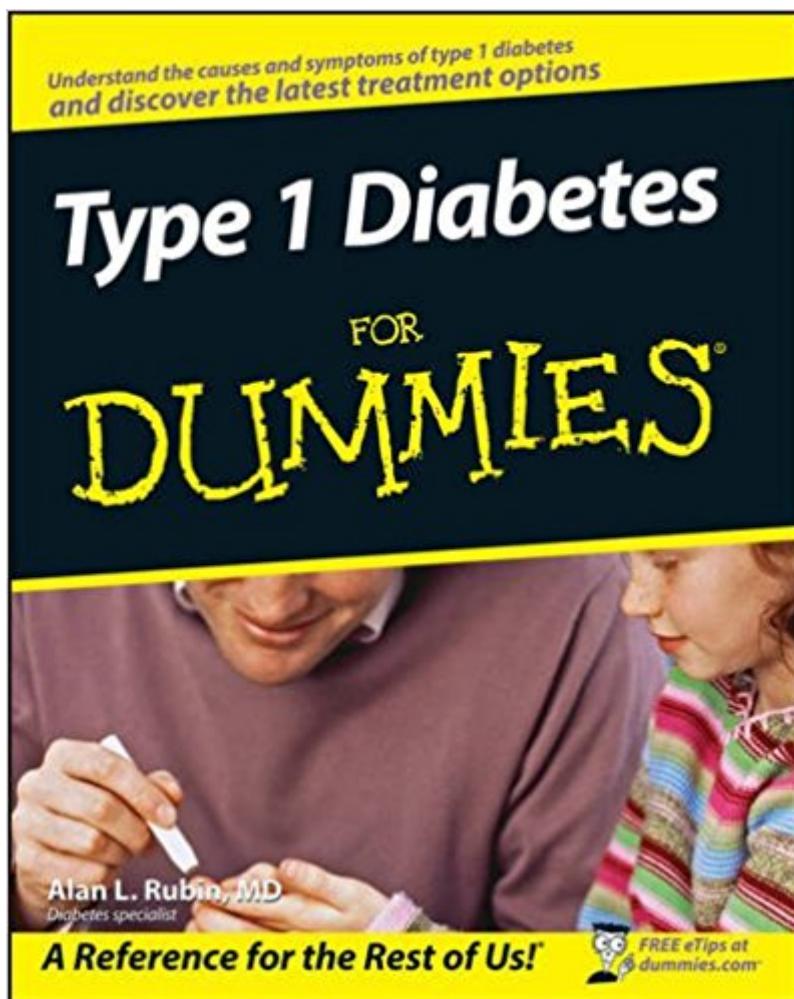


The book was found

Type 1 Diabetes For Dummies



Synopsis

Whether you have been living with type 1 diabetes for some time, or you have just discovered that your child is diabetic, there's a lot you need to know about the new developments in treating, controlling, and living with this disease. *Type 1 Diabetes For Dummies*, explains everything you need to know and do to make living with type 1 diabetes easier and healthier. This reassuring, plain-English guide helps you understand and manage the disease with tips on working with your doctor, administering insulin, developing a diet and exercise plan, and coping with illness and travel. You'll find out about the latest technologies of blood glucose monitoring and insulin delivery, and get a handle on everything you need to do to keep yourself or your child healthy, active, and feeling good. Discover how to:

- Overcome short-term complications
- Eat a diabetes-friendly diet
- Use exercise to help control type 1 diabetes
- Handle school, work, and other activities
- Help your child maintain a high quality of life
- Prevent long-term complications
- Be healthier than your friends who don't have diabetes
- Deal with the emotional and psychological effects of the disease
- Choose an insulin pump for yourself or your child
- Calculate insulin dosages

Anyone can live a long, healthy, and productive life with type 1 diabetes. *Small Type 1 Diabetes For Dummies* delivers every drop of information you need to make sure that you or your child can do just that.

Book Information

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Type I Diabetes For Dummies Ã Ã Ã Ã Ã Ã Ã Guide Type Reference
Cookbook Planning Guide Reference Ã Ã Audience Level Newly Diagnosed Diabetics All
Diabetics All Diabetics Newly Diagnosed Diabetics Ã Ã Pages 408 392 384 360 Ã Ã ¹
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1st Ã Ã Brief Description The latest info on medications, monitoring equipment, diet, exercise,
treatment, and more. Trusted, expert, reassuring, guidance. Create 100+ healthy, delicious,
diabetic friendly meals that parallel American Diabetes Association recommendations. Nutritional
advice for diabetics, examples of meal plans for diabetes & optimal weight maintenance, and
diabetic exchange lists. All you need to know & do to make living with type 1 diabetes easier &
healthier from monitoring technologies to diet & exercise. Ã Ã ³

The latest on blood glucose monitoring and insulin delivery Your friendly guide to taking control of
type 1 diabetes and living well Do you have type 1 diabetes — or have a child who does? This
plain-English, reassuring guide helps you understand and manage the disease, with tips on working
with your doctor, administering insulin, developing a diet and exercise plan, and coping with illness
and travel. You'll know just what to do so you or your child can stay healthy and feel good!
THE DUMMIES WAYÃ Ã® Explanations in plain English "Get in, get out" information Icons and
other navigational aids Online cheat sheet Top ten lists A dash of humor and fun Discover how to:
Overcome short-term complications Eat a diabetes-friendly diet Handle school, work, and other
activities Help your child maintain a high quality of life Prevent long-term complications Get smart!
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My husband is a type 1 and I got this book when we were dating so I could better understand what he
was going through. This book has so much information it was overwhelming! But after the first
couple chapters, I was telling my husband things about it that he didn't even understand. Instead of
reading the whole book, I went through the table of contents and looked at what specifically I
wanted to know about.

This is a good book for reviewing and it has updated information that inspired me to try harder and count carbs. My mother found this book and loved it she said she had no idea that there was so much involved in being a type 1 diabetic. I became a diabetic before I was 21. It was not diagnosed until a month after I turned 21. I am 55 now and all I can say is I have to keep reading and reading and I still won't know everything I need to know. This book is easy to read and it is not only good for the diabetic himself but for the family to read and then maybe they will not be so judgmental...

After reading this book I concluded that you better not be a dummy if you have diabetes. It's one complicated disease. This book went a long way toward helping me understand diabetes. It convinced me that an iron will, regular habits, and a penchant for routine and detail, are the keys to living with diabetes successfully. Should you be deficient in any of the qualities listed above, good luck. You shall need it.

Very helpful to understand this disease. My grandson was just diagnosed with Type 1 and we wanted to know everything.

My boyfriend has type 1. It really explains the WHY and HOW really well. Explains why highs/ lows in blood sugars are bad. I like to know "why" so if there ever was an emergency I could help him. I have also learned what's best to cook and make him for lunch. If you buy this grab your highlighters and sticky tabs. It will really help. My best friend had twins two years ago. Her body basically gave her Type 1. Which is rare at 32 years old. Type 1 is normally hereditary and starts before age 10. So she has had to change her life and learn. I sent her this book. She is really thankful for all the help. Especially understanding about carbs and how they affect your sugars. This book is excellent and if your child was recently diagnosed I 100% recommend this book. The only reason I gave it 4 stars is BC the few recipes are not very diabetic friendly unless you weigh 100 pounds and are not a man or woman. Haha.

Very easy to read and very helpful, no matter if you are a newbie or a seasoned Type 1 or relative

Great information

Great

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