



Management of Diabetes: (Diet, Exercises, Lifestyle Modification and Medications) (Paperback)

By Solomon Barroa R N

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Do you or somebody you know have a diagnosis of diabetes? Is there a prescription for metformin or insulin? Did a nutritionist recommend a specific type of diet? Diabetes is a chronic condition caused by a defect in insulin production and insulin resistance in the cells. It continuously destroys the different body organs if it isn't managed appropriately. The most dreaded complications may occur if not prevented. This book is created to educate and encourage the reader to actively manage diabetes. The chapters in this book are: Chapter 1: Understanding Pre-diabetes Chapter 2: The Definition and Classification of Diabetes Mellitus Chapter 3: The Pathophysiology, Causes and Signs and Symptoms Of Diabetes Mellitus Chapter 4: The Complications of Diabetes Mellitus Chapter 5: Diagnosing Diabetes Mellitus Chapter 6: Managing Diabetes Mellitus with Medications Chapter 7: The Food Nutrients: Carbohydrates, Proteins, Fats, Vitamins and Minerals Chapter 8: Managing Diabetes Mellitus with Diet Chapter 9: Diabetic Recipes with Pictures Chapter 10: Managing Diabetes Mellitus with Activities and Exercises Chapter 11: Managing Diabetes Mellitus with Lifestyle Modification Appendix: Food Values of Common...



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