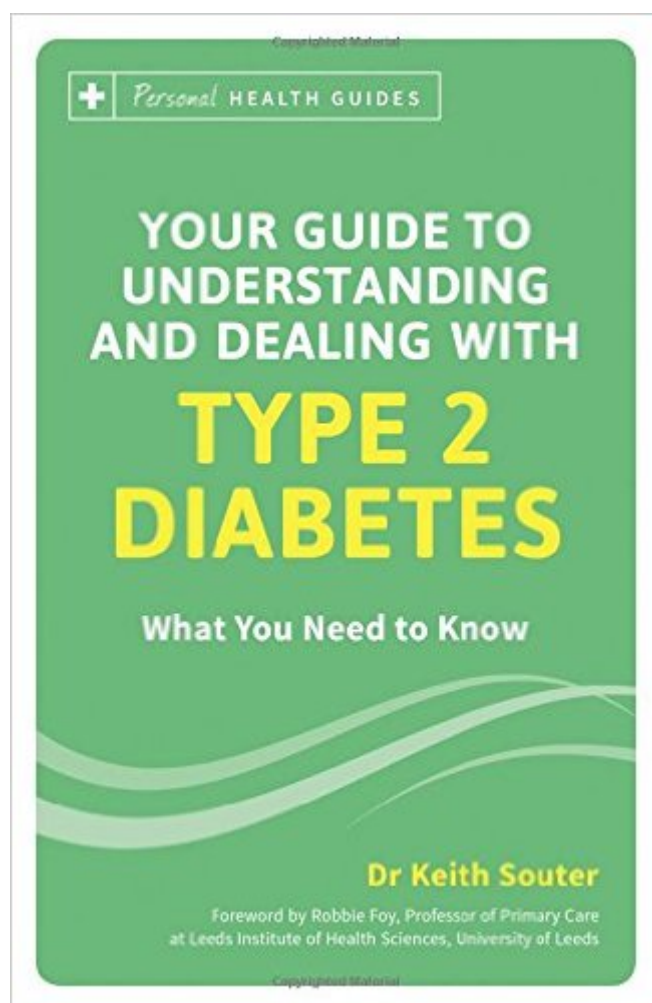


The book was found

Your Guide To Understanding And Dealing With Type 2 Diabetes: What You Need To Know (Personal Health Guides)



Synopsis

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.

Book Information

Series: Personal Health Guides

Hardcover: 224 pages

Publisher: Summersdale; 1 edition (April 1, 2016)

Language: English

ISBN-10: 1849535426

ISBN-13: 978-1849535427

Product Dimensions: 5 x 0.7 x 8 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

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