



# Diabetic Living Guidelines: The 101 Solution for People With Diabetes

*Debra Lacy*

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## Diabetic Management Guidelines

Diabetes is a debilitating disease that may lead to complications such as blindness, kidney problems and cardiovascular disease. There are many reasons why people develop diabetes and these include an autoimmune anomaly, unhealthy lifestyle and pregnancy. This disease has claimed the lives of many people, but this should not cripple the dream of patients to live normal and healthy lives.

Diabetes mellitus may have no known cure, but this does not mean that it cannot be managed. Being able to know how to manage diabetes is very crucial as it sets a big difference between suffering from the disease and living a productive life. There are many things that you need to remember if you want to manage your diabetes properly. This is where this book comes in.

With this book, you will be able to learn about the following:

- Understand what you need to know about the different types of diabetes. Chapter 1 also discusses the symptoms and complications of the disease. Moreover, it also discusses the common myths of diabetes.
- Chapter 2 discusses the general guidelines about diabetes. This chapter discusses dietary, exercise and foot care guidelines for diabetes. The guidelines included in this chapter are applicable to all types of diabetic patients.
- Chapters 3 and 4 provide guidelines on how to handle special types of patients with diabetes. While Chapter 3 focuses on managing diabetes among juvenile Type 1 patients (children), Chapter 4 discusses management of gestational diabetes.

Diabetes is considered as a worldwide epidemic. It is, therefore, important for people with diabetes as well as their immediate family members to be aware. Let this book serve as your guide on how to manage the different facets of diabetic living.

**With this book, you are not only engaged to manage you condition properly but it also encourage people around you to take part in managing your condition.**

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