



# Management of Diabetes Mellitus: A Guide to the Pattern Approach, Sixth Edition

*Dr. Diana Guthrie PhD BC-ADM CDE FAADE, Dr. Richard Guthrie MD FACE*

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*I strongly recommend this text. Whether the reader is a relative novice or a seasoned veteran in diabetes care, the information will prove useful and concise and will likely stimulate further reading and study. House staff planning to rotate on my endocrine service should be forewarned: Management of Diabetes Mellitus: A Guide to Pattern Management is now required reading."*

**--JAMA**

## **Praise for the previous edition**

"I recommend this book to nurses or physicians confronting patients afflicted with diabetes mellitus, as it presents a patterned approach to the understanding and management of this malady. Any patient with diabetes mellitus or health care professional using the information presented by these experts would be well prepared to manage this disease process"

**--Gloria K. Twilley,**

Lieutenant Colonel

United States Air Force

Nurse Corps

The sixth edition of *Management of Diabetes Mellitus* fully reorganizes and expands upon the previous editions. While the new edition continues to set forth practical and easy-to-use guidelines for management, the newly expanded chapters contain detailed information on managing patients with different types of diabetes (type 1 and type 2), and further differentiates treatment and management strategies for various age groups. This edition also offers clear and concise explanations of the disease process, newly revised guidelines for the use of complementary and alternative therapies, and a guide for developing an educational program.

Guthrie and Guthrie also stress the importance of self-management of diabetes, as much of this edition is dedicated to educating the diabetic patient on how to provide self-care, and control both acute and chronic complications of the disease. For the convenience of practitioners and diabetic patients themselves, this book contains reproducible forms, protocols, and guides that can be used for managing diabetes, including:

- Nutrition questionnaires
- Meal patterns comparing exchanges
- Carb Counting and Calorie Points
- Sample Calorie Point Distributions
- Exercise Log
- Intake Assessment Guide
- Clinical Practice Recommendations
- A guide to the "pattern approach"

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