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Type 2 Diabetes: Smallest Book With Everything You Need To Know



Synopsis

Diabetes is a common disease. More than 350 million people worldwide have it. It is easy to control and it does not keep you from anything the life has to offer. But you have to control diabetes all your life.Â This book is small and you do not have to read this book from page one to the end in sequence. You can start any where and slowly finish it. Use the table of contents to find the topic of your interest and start from there. You can finish this book in just 1 hour. In 1 hour you will have all important information on Type 2 Diabetes. This book will give you the confidence, hope, and information to live a normal, happy, and prolong life with Type 2 Diabetes.Â Some of the Topics covered by this book are; What is diabetes, risk factors, and symptoms of type 2 diabetes. Emotional Issues and Self-Esteem in diabetes. Maintaining quality of life and living with type 2 diabetes. Making life style changes in type 2 diabetes. Monitoring of blood sugar at home with steps to monitoring. Food for Type 2 Diabetes. Glycemic Index: What is it. What is Glycemic Load (GL) Physical activity for Type 2 Diabetes. Medicines used for the treatment of type 2. Insulin Pump and what type of insulin you need. How to keep and store insulin. Where to inject insulin. Steps to give an insulin injection. How to decrease pain when giving insulin. Steps for reducing complications of diabetes. What can you do to prevent complications. What are the long-term complications of type 2. What is diabetic ketoacidosis or DKA. What to do in DKA. Hypoglycemia, how to recognize (symptoms) and what to do. Pregnancy and type 2 diabetes. Future of Type 2 Diabetes And many more topics. This small book is packed with useful information and covers almost everything about Type 2 Diabetes. Its a must have for diabetic , Pre-diabetic.Â A must read if you have family history of diabetes. Its a important book if you have obesity, to learn to prevent developing diabetes. Buy it now and stop diabetes.

Book Information

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Endocrine System

Customer Reviews

This book helps people with type 2 diabets to understand that they can live full and happy life. It is very important to know what happens to you, what to do in different situations. Dr. Shahriar Mostafa made a great work. Thank you very much

It's a concise delivery of type 2 diabetes topics without the frills.The extensive table of contents would be helpful if the book had page numbers.

This book is so helpful. I've been reading dozens of books on Type 2 diabetes and finally stumbled upon one that answers the questions about symptoms, foods, various medicines used in treatments, and easy to understand information about how serious this condition can be. The ways a patient and their doctor can work together to arrive at a treatment that controls this serious condition is logically set forth. I have found this book to be a treasure for me; hopeful, uplifting and positive. You can win with this kind of information if you are willing to follow a good plan of cooperation with a good doctor.

Type 2 Diabetes is the most common form of Diabetes. Dr. SHAHRIAR MOSTAFA made it so easy for the readers by his writing ability and knowledge. Everyone who needs info about diabetes would definitely get help from this book.If you have diabetes or you want to know about this then read this book now !!!!

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