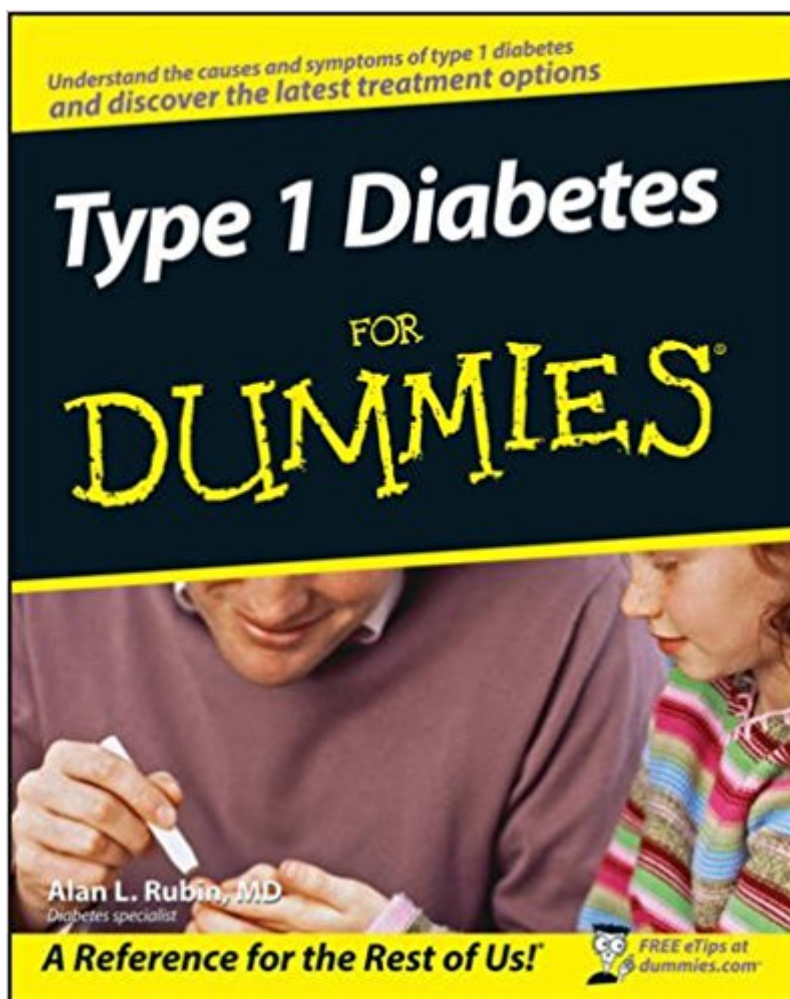




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Type 1 Diabetes For Dummies



Synopsis

Whether you have been living with type 1 diabetes for some time, or you have just discovered that your child is diabetic, there's a lot you need to know about the new developments in treating, controlling, and living with this disease. *Type 1 Diabetes For Dummies*, explains everything you need to know and do to make living with type 1 diabetes easier and healthier. This reassuring, plain-English guide helps you understand and manage the disease with tips on working with your doctor, administering insulin, developing a diet and exercise plan, and coping with illness and travel. You'll find out about the latest technologies of blood glucose monitoring and insulin delivery, and get a handle on everything you need to do to keep yourself or your child healthy, active, and feeling good. Discover how to:

- Overcome short-term complications
- Eat a diabetes-friendly diet
- Use exercise to help control type 1 diabetes
- Handle school, work, and other activities
- Help your child maintain a high quality of life
- Prevent long-term complications
- Be healthier than your friends who don't have diabetes
- Deal with the emotional and psychological effects of the disease
- Choose an insulin pump for yourself or your child
- Calculate insulin dosages

Anyone can live a long, healthy, and productive life with type 1 diabetes. *Small Type 1 Diabetes For Dummies* delivers every drop of information you need to make sure that you or your child can do just that.

Book Information

Paperback: 384 pages

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Best Sellers Rank: #256,180 in Books (See Top 100 in Books) #30 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Blood Type Diets](#) #221 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Diabetes > General](#) #348 in [Books > Health, Fitness & Dieting > Reference](#)

Customer Reviews

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Dummies	Diabetes Cookbook For Dummies	Diabetes Meal Planning & Nutrition For Dummies
Type I Diabetes For Dummies	Ã Â Ã Â Ã Â Ã Â Ã Â	Guide Type Reference
Cookbook	Planning Guide	Reference
Ã Â	Audience Level	Newly Diagnosed Diabetics All Diabetics All Diabetics Newly Diagnosed Diabetics
Ã Â	Pages	408 392 384 360
List Price	\$22.99 \$19.99 \$22.99 \$21.99	Ã Â Publication Date September, 2012 January, 2010 October, 2013 February, 2008
Ã Â	Author(s)	Rubin Rubin and James Smithson and Rubin Rubin
Ã Â	Imprint	For Dummies For Dummies For Dummies For Dummies
Print Book	1118294475 0470536446 1118677536 0470178116	Ã Â Kindle Book B008KPMAOG B004NSW9E0 B00F2JFQNA B001EWOFH2
Ã Â	Edition	4th 3rd 1st 1st
Ã Â	Brief Description	The latest info on medications, monitoring equipment, diet, exercise, treatment, and more. Trusted, expert, reassuring, guidance. Create 100+ healthy, delicious, diabetic friendly meals that parallel American Diabetes Association recommendations. Nutritional advice for diabetics, examples of meal plans for diabetes & optimal weight maintenance, and diabetic exchange lists. All you need to know & do to make living with type 1 diabetes easier & healthier from monitoring technologies to diet & exercise.
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My husband is a type 1 and I got this book when we were dating so I could better understand what he was going through. This book has so much information it was overwhelming! But after the first couple chapters, I was telling my husband things about it that he didn't even understand. Instead of reading the whole book, I went through the table of contents and looked at what specifically I wanted to know about.

This is a good book for reviewing and it has updated information that inspired me to try harder and count carbs. My mother found this book and loved it she said she had no idea that there was so much involved in being a type 1 diabetic. I became a diabetic before I was 21. It was not diagnosed until a month after I turned 21. I am 55 now and all I can say is I have to keep reading and reading and I still won't know everything I need to know. This book is easy to read and it is not only good for the diabetic himself but for the family to read and then maybe they will not be so judgmental...

After reading this book I concluded that you better not be a dummy if you have diabetes. It's one complicated disease. This book went a long way toward helping me understand diabetes. It convinced me that an iron will, regular habits, and a penchant for routine and detail, are the keys to living with diabetes successfully. Should you be deficient in any of the qualities listed above, good luck. You shall need it.

Very helpful to understand this disease. My grandson was just diagnosed with Type 1 and we wanted to know everything.

My boyfriend has type 1. It really explains the WHY and HOW really well. Explains why highs/ lows in blood sugars are bad. I like to know "why" so if there ever was an emergency I could help him. I have also learned what's best to cook and make him for lunch. If you buy this grab your highlighters and sticky tabs. It will really help. My best friend had twins two years ago. Her body basically gave her Type 1. Which is rare at 32 years old. Type 1 is normally hereditary and starts before age 10. So she has had to change her life and learn. I sent her this book. She is really thankful for all the help. Especially understanding about carbs and how they affect your sugars. This book is excellent and if your child was recently diagnosed I 100% recommend this book. The only reason I gave it 4 stars is BC the few recipes are not very diabetic friendly unless you weigh 100 pounds and are not a man or woman. Haha.

Very easy to read and very helpful, no matter if you are a newbie or a seasoned Type 1 or relative

Great information

Great

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