



Understanding Diabetes (Revised edition)

By Rudy W. Bilous

Family Doctor Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Understanding Diabetes (Revised edition), Rudy W. Bilous, Diabetes affects over one in fifty of the population. Most people who have the condition lead an active and normal life. Advances in our understanding of the disease and improvements in treatment mean that the prospects are better than ever. In this practical guide, a recognised expert explains step by step how people with diabetes can take more responsibility for their own well-being. With plenty of advice on diet, self-monitoring, treatment and maintaining sensible routines, it contains all the information they need to take full control of their diabetes.



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