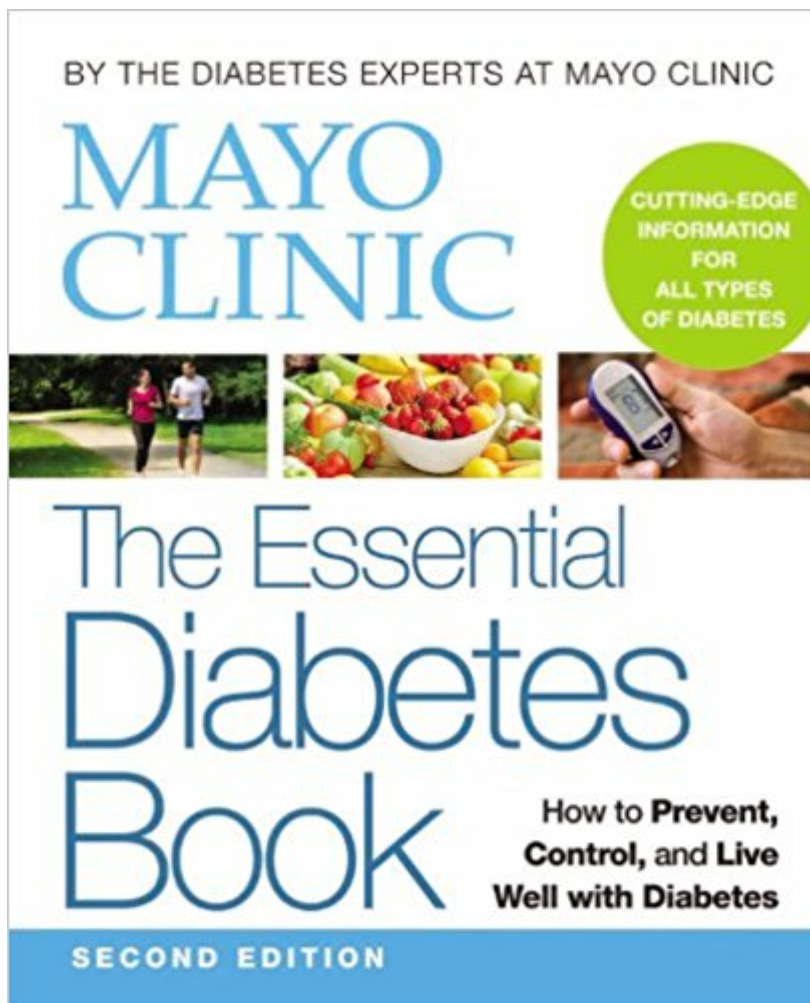


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# Mayo Clinic The Essential Diabetes Book



## Synopsis

More people than ever before have diabetes. The disease affects an estimated 21 million adults and children in the US and many people with the disease don't have it under control. Unlike years ago, you have a good chance of living an active and healthy life with diabetes - provided you work with your health-care team to take the necessary steps to control your blood sugar. This title covers: the pre-diabetes stage - taking charge to prevent diabetes; types of diabetes; symptoms and risk factors; treatments and strategies for managing your blood sugar; avoiding serious complications; advances in insulin delivery and new medications; and, recipes

## Book Information

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## Customer Reviews

Mayo Clinic took root in farm fields near Rochester, Minn., in the late 1800s. It grew from the medical practice of a country doctor, William Worrall Mayo, and the partnership of his two sons, William J. and Charles H. Mayo - affectionately known as Dr. Will and Dr. Charlie. The brothers' innovative ideas and tireless work in learning and creating new surgical techniques attracted international attention. Physicians from around the world came to watch the Mayo brothers perform surgery. The Mayo brothers invited other doctors to join them, forming teams of medical experts. Today, Mayo Clinic - one of the world's oldest and largest multispecialty group practices - comprises more than 45,000 physicians, scientists, nurses and other staff at its three locations in Rochester, Minn., Jacksonville, Fla., and Scottsdale, Ariz., and its regional community-based health care practices.

I am the author of "Diabetes! A Lifetime of Being Too Sweet" and have had Type 1 diabetes for 45 years. I am also an advocate for the American Diabetes Association and I always bring a copy of this book whenever I give talks and presentations. I also do quite a bit of research about diabetes and you can always trust the Mayo Clinic for reliable and accurate information about any disease. I highly recommend this book.

Would have given 5 stars if they had more information on specifically type 1 diabetes and children & calculating long & short acting insulin. Is an excellent general diabetes book though. Covering all the basics including the physiology of diabetes to exercise, carb counting, insulin, and has resources in the back.

I have been dealing with Type II Diabetes for 10 years now, and struggled every single year with no results. I started this plan on 10/17, and I'm losing weight, making better choices, trying to move, and it all feels natural and not like I'm trying to force my 'round peg' self into a square hole! Highly recommended, get all 3 books: This one, The Mayo Clinic Diabetes Diet, and the Mayo Clinic Diabetes Diet companion journal. Best gifts I ever got from the family!!! The love me, they really love me!!

Good info, but information that I knew from previous research. Excellent for a newly diagnosed diabetic.

This book has only a bit more detail than the pamphlets that you get from your doctor. Save your money.

As a newly diagnosed diabetic I appreciate all the knowledge found here.

Very informative and a good resource for me to keep handy when my questions need an answer.

Good explanation of the disease and how to cope.

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