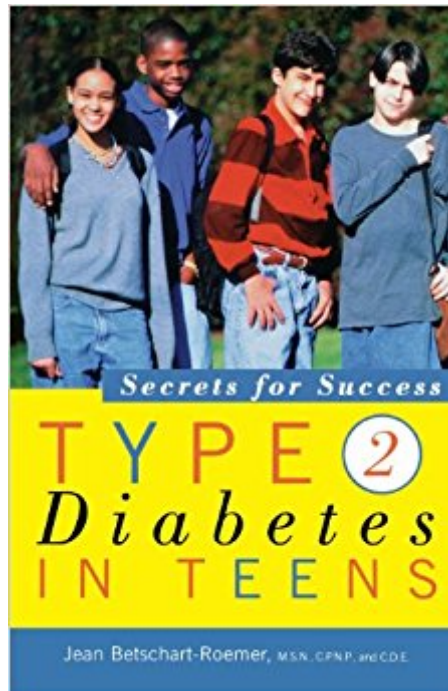




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Type 2 Diabetes In Teens: Secrets For Success



Synopsis

Get a handle on your diabetes and get on with your life! If you're a teenager who has Type 2 diabetes, you're not alone. More and more people your age are being diagnosed with Type 2-and most of them also struggle with their diabetes treatment. The first book of its kind, *Type 2 Diabetes in Teens* was written to help you better understand and manage your diabetes. It's very important that you take care of yourself and follow your treatment-and this book gives you information on living well, including:

- How to keep blood sugar in control
- What to do when you get cravings
- How to manage your diabetes in school
- What to say to your friends and your dates
- How to balance exercise and food when you take insulin
- Where to find help when you need it
- Ways to eat healthier
- How to be patient with yourself and enjoy life

A special section of tips and suggestions for parents will help your family support you as you manage your diabetes. You're not alone in this-and *Type 2 Diabetes in Teens* will show you and your family how to deal with the disease and have a positive outlook on life.

""Highly recommended for teens living with Type 2 diabetes and their parents.""-Richard R. Rubin, Ph.D., C.D.E., Associate Professor
Departments of Medicine and Pediatrics
The Johns Hopkins University School of Medicine

Book Information

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Customer Reviews

"Jean Betschart-Roemer has written a warm, wise book, filled with valuable information and advice. Highly recommended for teens living with Type 2 diabetes and their parents."(Richard R. Rubin, PhD, CDE Associate Professor, Departments of Medicine and Pediatrics The Johns Hopkins

University School of Medicine) --This text refers to an out of print or unavailable edition of this title.

Get a handle on your diabetes and get on with your life! If you're a teenager who has Type 2 diabetes, you're not alone. More and more people your age are being diagnosed with Type 2-and most of them also struggle with their diabetes treatment. The first book of its kind, *Type 2 Diabetes in Teens* was written to help you better understand and manage your diabetes. It's very important that you take care of yourself and follow your treatment-and this book gives you information on living well, including: How to keep blood sugar in control - What to do when you get cravings - How to manage your diabetes in school - What to say to your friends and your dates - How to balance exercise and food when you take insulin - Where to find help when you need it - Ways to eat healthier - How to be patient with yourself and enjoy life. A special section of tips and suggestions for parents will help your family support you as you manage your diabetes. You're not alone in this-and *Type 2 Diabetes in Teens* will show you and your family how to deal with the disease and have a positive outlook on life. "Highly recommended for teens living with Type 2 diabetes and their parents." -Richard R. Rubin, Ph.D., C.D.E., Associate Professor, Departments of Medicine and Pediatrics, The Johns Hopkins University School of Medicine

Comprehensive, well-indexed, and clearly written, with a realistic approach that is frank and non-judgmental. Example scenarios, and recounting of real-life discussions with teens, make the book engaging. The content includes guidance, from an expert diabetes healthcare professional, for issues with which teenagers deal but might be afraid to bring up with others.

Great!

This book was perfect for our teen with diabetes. It was very thorough & easy to understand. My teen liked the stories about other teenagers & actually read it herself!

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