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*"A valuable ally for patients . . . a successful management tool
for anyone living with Type 2 diabetes."*

—From the foreword by Calvin Ezrin, M.D.

THE TYPE 2 DIABETES SOURCEBOOK

EVERYTHING YOU NEED TO KNOW ABOUT:

- Tests, medications, and treatments
- The emotional and financial challenges of living with Type 2
- Nutrition, exercise, weight-loss, and stress reduction
- Type 2 diabetes and children

**COMPLETELY
REVISED AND
UPDATED WITH
THE LATEST
GUIDELINES
FOR LASTING
HEALTH**

Foreword by Calvin Ezrin, M.D.

David Drum and Terry Zierenberg, R.N., C.D.E.

The Type 2 Diabetes Sourcebook For Women Sourcebooks

Michal Rosen-Zvi



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The Type 2 Diabetes Sourcebook for Women M. Sara Rosenthal, 2005-05-09 A vital sourcebook for the millions of American women diagnosed with type 2 diabetes The Type 2 Diabetes Sourcebook for Women answers women's questions about how to manage diabetes and shows how to cope with the disease to live a fuller healthier life A major revision of M Sara Rosenthal's guide on the subject The Type 2 Diabetes Sourcebook for Women focuses on The revised screening guidelines for diagnosis The latest medications and treatments available How women's hormones interact with insulin How menopause and pregnancy affect diabetes management How low carb diets can be dangerous for women with type 2 diabetes How to follow the ADA carb counting guidelines while avoiding weight gain The Type 2 Diabetes Sourcebook David Drum, Terry Zierenberg, 2006-01-06 The latest guidelines for lasting health from the American Diabetes Association Completely revised and updated this essential resource for people with diabetes includes new information on the rise of type 2 diabetes in children metabolic syndrome and the most recent recommendations for diet and exercise It also provides up to the minute findings on the new diabetes drugs on the market and updated lab test and clinical practice guidelines from the American Diabetes Association Type 2 Diabetes Sourcebook David E. Drum, 2000 **Recommended Reference Books for Small and Medium-Sized Libraries and Media Centers 2000** Bohdan S. Wynar, 2000-04-22 Published with reference work and collection development in mind this text will allow librarians to locate the best works in a given field consult other published reviews and compare price scope and coverage of reference books in a particular subject area **American Reference Books Annual, 2000** Bohdan S. Wynar, Shannon M. Graff, 2000-03 Thorough and in depth coverage of reference materials is at your fingertips with American Reference Books Annual With nearly 1600 descriptive and evaluative entries it continues its tradition as a comprehensive review source for reference works published or distributed in the United States It encompasses the entire subject spectrum covering such areas as general reference history education literature urban studies economics and business and science and technology Some CD ROMs and Canadian reference publications are covered

The Type 2 Diabetes Sourcebook David Drum, David E. Drum, Calvin Ezrin, Terry Zierenberg, 2000 Offers a low carbohydrate diet and provides a simple exercise program relaxation techniques and a section on foods and recipes

Forthcoming Books Rose Arny, 2004 **The Type II Diabetes Sourcebook** David Drum, David E. Drum, Terry Zierenberg, Terry Zierenberg, R.N., C.D.E., 1998 For the 13 million Americans with Type II diabetes health management is a vital part of controlling the illness This complete guide to the physical emotional and financial aspects of coping with Type II stresses the importance of blood sugar testing nutrition exercise and working with a health care team to manage the condition Public Library Catalog Juliette Yaakov, 2004 More than 8 000 books in the main volume More than 2 400 new titles in annual paperbound supplements More than 2 000 analytic entries for items in collections and anthologies

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and Media Centers, 1985 Bohdan S. Wynar, 1985 *The Canadian Type 2 Diabetes Sourcebook, 3rd Edition* M. Sara Rosenthal, 2012-12-17 **The Canadian Type 2 Diabetes Sourcebook** Sara M. Rosenthal, 2005-02-18 YOUR GUIDE TO HEALTHY LIVING Enabling self management is what The Canadian Type 2 Diabetes Sourcebook is all about a comprehensive resource that is there for you when you need the right information at the right time Michael Evans M D CCFP The only Canadian reference on Type 2 diabetes The Canadian Type 2 Diabetes Sourcebook 2nd edition has been updated with all the latest recommendations and research The ultimate resource this book provides everything you need to know about this disease Learn how Type 2 diabetes affects your body Find out how to assemble the best health care team and how to make lifestyle changes that will keep you healthy INSIDE Diabetes basics what it is who is at risk starting facts on its prevalence How to maintain a healthy eating and activity plan How to accurately test your blood sugar and manage the highs and lows The latest on diabetes medications Information on special circumstance obesity pregnancy menopause hormone replacement therapy A new section on diabetes and aging The unique challenges faced by aboriginal Canadians Type 2 diabetes complications heart disease nerve damage circulatory problems and how to prevent them A glossary of organizations and Web Sites dedicated to Type 2 diabetes The Canadian Type 2 Diabetes Source Book M. Sara Rosenthal, 2002-03-22 The only Canadian book on Type 2 diabetes is a one stop guide to everything you need to know about this disease Learn how Type 2 diabetes affects your body Find out how to assemble your health care team and how to make the lifestyle changes that will keep you healthy INSIDE Diabetes basics How to maintain a healthy eating and activity plan How to test your blood sugar and manage the highs and lows Diabetes medications Information on special circumstances obesity pregnancy menopause hormone replacement therapy The unique challenges faced by Aboriginal Canadians Type 2 diabetes complications heart disease nerve damage circulatory problems and how to prevent them A glossary and lists of organizations and Web sites dedicated to Type 2 diabetes **The Canadian Type 2 Diabetes Sourcebook** M. Sara Rosenthal, 2009-05-12 The Most Trustworthy Source for Canadians with Type 2 Diabetes Trusted by Canadian doctors and patients for over ten years The Canadian Type 2 Diabetes Sourcebook is the only medically researched guidebook that allows you to learn about diabetes directly from the experts This one stop resource provides everything you need to know about managing Type 2 diabetes creating the best health care team for you and understanding the latest medical advice Updated and aligned with the most recent clinical guidelines this new edition covers the most up to date medications lifestyle recommendations and treatment options with entirely new information about pediatric Type 2 diabetes INSIDE Diabetes basics the what who and why Creating your diabetes health care team Testing your blood sugar and managing the highs and lows What to eat and how to maintain a healthy diet including low glycemic eating The role of active living Diabetes medications revised and updated to reflect the latest Canadian clinical guidelines Special circumstances and risk factors pregnancy and fertility menopause aging and obesity The unique challenges faced by Aboriginal Canadians Complications

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Table of Contents The Type 2 Diabetes Sourcebook For Women Sourcebooks

1. Understanding the eBook The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - The Rise of Digital Reading The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - Advantages of eBooks Over Traditional Books
2. Identifying The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - User-Friendly Interface

4. Exploring eBook Recommendations from The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - Personalized Recommendations
 - The Type 2 Diabetes Sourcebook For Women Sourcebooks User Reviews and Ratings
 - The Type 2 Diabetes Sourcebook For Women Sourcebooks and Bestseller Lists
5. Accessing The Type 2 Diabetes Sourcebook For Women Sourcebooks Free and Paid eBooks
 - The Type 2 Diabetes Sourcebook For Women Sourcebooks Public Domain eBooks
 - The Type 2 Diabetes Sourcebook For Women Sourcebooks eBook Subscription Services
 - The Type 2 Diabetes Sourcebook For Women Sourcebooks Budget-Friendly Options
6. Navigating The Type 2 Diabetes Sourcebook For Women Sourcebooks eBook Formats
 - ePub, PDF, MOBI, and More
 - The Type 2 Diabetes Sourcebook For Women Sourcebooks Compatibility with Devices
 - The Type 2 Diabetes Sourcebook For Women Sourcebooks Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - Highlighting and Note-Taking The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - Interactive Elements The Type 2 Diabetes Sourcebook For Women Sourcebooks
8. Staying Engaged with The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Type 2 Diabetes Sourcebook For Women Sourcebooks
9. Balancing eBooks and Physical Books The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Type 2 Diabetes Sourcebook For Women Sourcebooks
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - Setting Reading Goals The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - Fact-Checking eBook Content of The Type 2 Diabetes Sourcebook For Women Sourcebooks
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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