



## Your Guide to Understanding and Dealing with Type 2 Diabetes: What You Need to Know

By Keith Souter

Summersdale Publishers. Paperback. Book Condition: new. BRAND NEW, Your Guide to Understanding and Dealing with Type 2 Diabetes: What You Need to Know, Keith Souter, There are currently over 3.2 million people with diabetes in the UK, or 6 per cent of the adult population, and 85-90 per cent of these sufferers have type 2. Diabetes mellitus is a disorder where the body doesn't produce enough insulin, or doesn't react properly to the insulin it produces, causing a build-up of glucose in the blood. Type 2 diabetes often smoulders on for a long time before it is recognised and diagnosed - it is believed that there are hundreds of thousands of undiagnosed cases in the UK. This book gives the basic information needed to understand what type 2 diabetes is, how to recognise it, and, most essentially, how to manage it, including details on: \* The symptoms of type 2 diabetes \* Risk factors for type 2 diabetes and how to reduce those risks \* The various medicinal treatments and support available \* Changes to daily routines, diet, exercise and attitude that can improve life with type 2 diabetes.



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