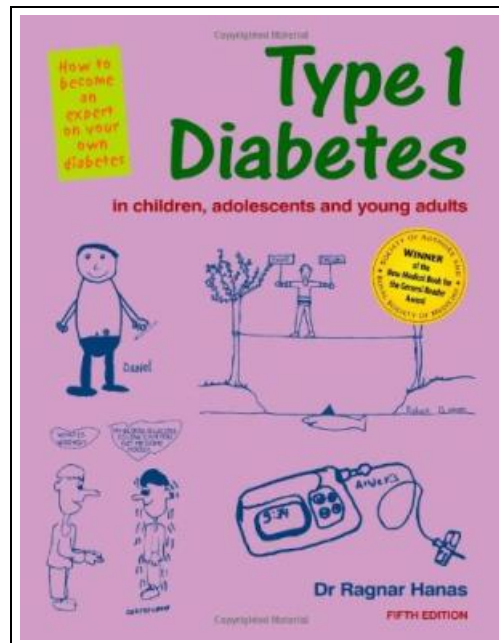


## Type 1 Diabetes: In Children, Adolescents and Young Adults (Paperback)



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CLASS PUBLISHING, United Kingdom, 2012. Paperback. Condition: New. 5th New edition. Language: English . Brand New Book. The number of children with Type 1 diabetes is steadily increasing. While research continues to search for a cure, the expectation is that those afflicted should enjoy a long life. Medical research has conclusively proved that looking after your own diabetes - and keeping your blood glucose level down - is the key to avoiding the pitfalls and long-term risks. Having diabetes means you need to make yourself better informed than the average doctor, and this remarkable book gives you all the strategies and tricks to get your blood glucose down and keep it under control. In this practical, easy-to-read book Dr Ragnar Hanas shows you step-by-step how to become an expert in your own diabetes. By understanding your Type 1 diabetes and how to manage it, you can live a full, healthy and happy life. Up-to-date with changes to the HbA1c standard which measures average blood glucose levels. All the latest information on insulin therapies Includes 39 chapters, and over 400 illustrations and cartoons Glossary explains 172 medical terms Stories of other people with diabetes Summary of contents: Topics covered range from `how your body works to `sweets, treats and ice-cream and from `insulin injection technique to `long-term complications and any number of subjects in-between: Getting to grips with and caring for your own diabetes Background on diabetes and your body Blood glucose and hypoglycaemia Insulin treatment and monitoring your diabetes Nutrition, weight control and exercise Smoking, alcohol, pregnancy and social issues Travel tips Complications Research and new developments Psychology and needle-phobia Well-known people with diabetes.



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