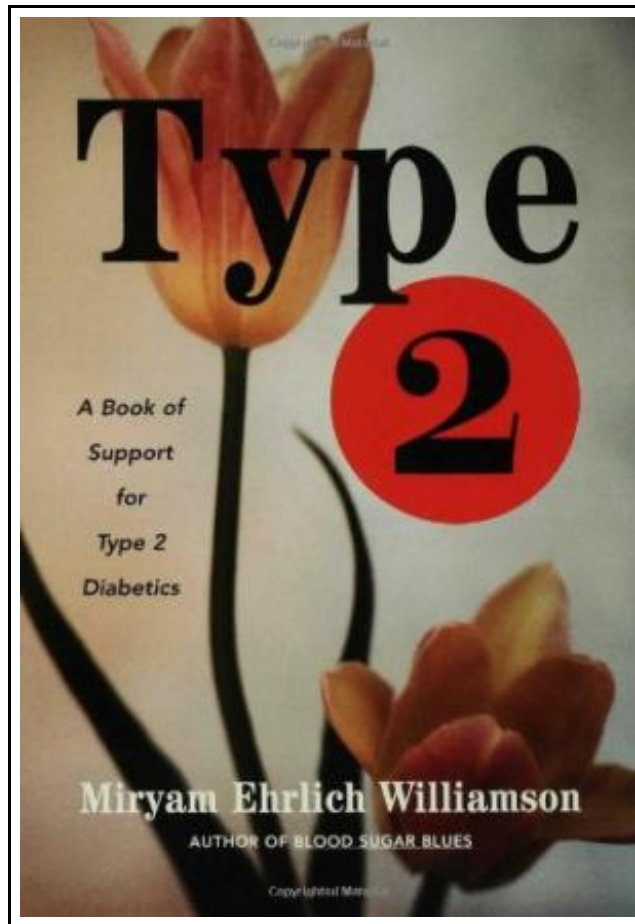


## Type 2: A Book of Support for Type 2 Diabetics (Paperback)



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WALKER BOOKS, United States, 2003. Paperback. Book Condition: New. 192 x 136 mm. Language: English . Brand New Book. An estimated 16 million Americans (more than 7 percent of the population) suffer from Type 2 diabetesa shocking increase of 49 percent since 1990. Of all the major diseases, diabetes is the ultimate self-help condition, for diet and exercise are the keys to combating it. However, Type 2 is also an inordinately lonely and confusing disease. Its hard not to feel isolated when so many social events center around food and drink that may be off-limits to diabetics. And because theres no one-size-fits-all diet, because symptoms are often hidden, and because the impact of uncontrolled diabetes is usually years away, diabetics can feel adrift as they search for answers. Even maintaining an exercise routine may be impeded by depression, which often accompanies the disease. Diabetes is even more challenging on an emotional level because diabetics have few support groups to turn to. Standing out among hundreds of books on diabetes, Type 2 will help fill that gap. Medical writer Miryam Ehrlich Williamson has interviewed Type 2 diabetics across North America who share their stories of struggle and success, from healthy eating at parties to handling feelings of anger and hopelessness to reducing anxiety and pain during blood glucose testing. Type 2 diabetics will see themselves in this inspiring print version of a support group, and the experiences and advice of fellow diabetics will motivate and guide them to control their disease and stay actively involved in life.

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