



# Diabetes: A PRACTICAL GUIDE TO MANAGING YOUR LIFE

*Jill Rodgers, Rosemary Walker*

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Covering all aspects of living with diabetes, including diet, exercise, and medication, this complete guide offers all the information people need to understand the condition and manage their lives so they can stay in the best of health. Reader-friendly and truly empowering, *Diabetes: A Practical Guide to Managing Your Health* is an essential reference for people living with one of the world's fastest growing medical problems.

The American Diabetes Association is the nation's leading nonprofit health organization, providing diabetes research, information, and advocacy. The mission of the ADA is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

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