

<<美国医学协会糖尿病指南>>

图书基本信息

书名：<<美国医学协会糖尿病指南>>

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### 内容概要

This book provides clear, easy-to-understand explanations of what type 2 diabetes is, what causes it, and how to determine if you are at risk. You'll find a detailed, easy-to-follow program for preventing diabetes by eating a healthy diet, exercising regularly, and reaching and maintaining a healthy weight. If you are living with diabetes, this invaluable guide offers in-depth explanations of the recommended lifestyle changes that can help you manage the disease, stressing the importance of rigorous testing and control of your blood sugar to avoid complications. You will learn about the available medications for treating diabetes and about alternative and complementary therapies. The book also includes sections on gestational diabetes and the increasing threat that type 2 diabetes poses to at-risk children. By following the recommendations and guidelines in the American Medical Association Guide to Living with Diabetes, you can reduce or eliminate the symptoms, avoid or minimize the risk of serious complications, and become more physically fit, energetic, and alert. In fact, there's no reason you can't be healthier than you've ever been.

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作者简介

For more than 150 years, the American Medical Association has been the leading group of medical experts in the United States and one of the most respected health-related organizations in the world. The AMA continues to work to advance the art and science of medicine and to be an advocate for patients and the voice of physicians in the United States.

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