



The Joslin Guide to Diabetes: A Program for Managing Your Treatment (Fireside Books (Fireside))

Richard S. Beaser

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From the world-famed Joslin Diabetes Center, here is the definitive guide to diabetes self-care -- an indispensable resource for everybody with the disease. The Joslin Diabetes Center, affiliated with Harvard Medical School, is considered the preeminent diabetes research center and clinic in the nation -- and indeed in the world -- and *The Joslin Guide* is without question the most up-to-date book in its field.

While diabetes and its complications kill 160,000 Americans annually, this book's goal is to significantly reduce your risk of becoming one of this disease's grim statistics. Based on the latest important new research, *The Joslin Guide* reveals the results of a ten-year nationwide study (DCCT) showing how people with one major type of diabetes (Type I) were able to reduce by 50 percent their risk of developing serious long-term complications.

Written under the leadership of physician-author Richard S. Beaser, M.D., working with Joan Hill and a team of experts at the Joslin Center in Boston, this book addresses every important issue that patients face in managing their condition. As practical as it is current, *The Joslin Guide* in easy-to-understand language and charts explains what and when to eat, how to monitor blood sugars, how to administer insulin and oral medications, how to treat high and low blood sugar, and how and when to exercise.

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