

Type 1 Diabetes: Essentials: Expert And Practical Advice; Your Most Vital Questions Answered

Dr. Charles Fox, Dr. Anne Kilvert

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This Essentials book answers all the key questions asked about Type 1 diabetes in succinct, accessible and up-to-date form. A diagnosis of Type 1 diabetes can be extremely distressing for any young person and his or her family. People with Type 1 diabetes usually develop symptoms quite rapidly and require regular treatment with insulin. The positive news is that with good control the long-term risks can be avoided. Medication, exercise and diet are all important in maintaining good glucose control and a healthy lifestyle. This introductory guide answers 50 key questions asked by people with Type 1 diabetes and their families. It provides a summary of symptoms and treatments, and offers practical advice on living life with Type 1 diabetes. There is a glossary at the end of this book.



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