



## Understanding Type 2 Diabetes: Fewer Highs, Fewer Lows, Better Health

By Merlin Thomas

Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, Understanding Type 2 Diabetes: Fewer Highs, Fewer Lows, Better Health, Merlin Thomas, The growing epidemic of Type 2 diabetes already affects over 1.3 million Australians and twice that number again is at risk of developing the disease in the next 5 to 10 years. Worldwide, the World Health Organization estimates that 346 million people have diabetes, a figure that is expected to double by 2030 without intervention. In this essential resource for any diabetes sufferer, Professor Merlin Thomas from the world-renowned Baker IDI Heart & Diabetes Institute offers clear, effective guidance on how to manage all aspects of the disease. The book examines what diabetes is and how it comes about. It describes the many practical changes you can make to your diet, while also looking at physical activity and the different ways exercise can be used maintain and improve your health. The book also explores the medical aspects of diabetes care, including the best ways to achieve control of your waistline, blood glucose, blood pressure and cholesterol levels, and how to avoid major complications. Individual chapters look at the effects of diabetes on the heart, vision, feet, kidneys, bladder, mind,...



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### Reviews

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

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*This kind of book is every little thing and taught me to looking ahead of time and a lot more. I am quite late in start reading this one, but better then never. I found out this book from my dad and i encouraged this pdf to find out.*

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