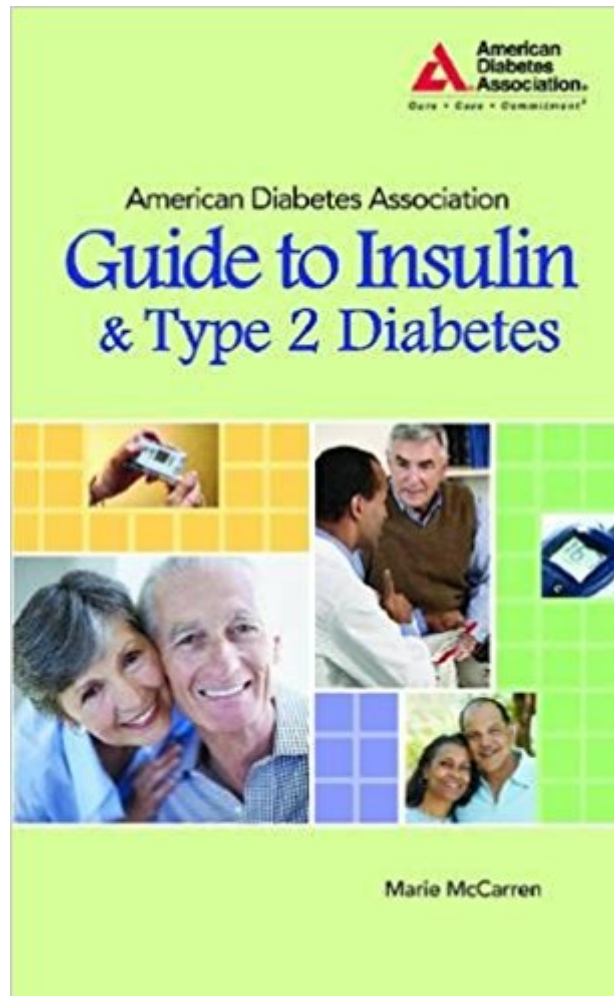




Ebook Directory
the best source of ebook

The book was found

American Diabetes Association Guide To Insulin And Type 2 Diabetes



Synopsis

Insulin is the most powerful tool available for managing diabetes. It can do the job when pills, exercise, and a careful diet are no longer enough. You might be worried that shots will hurt or that figuring out doses is hard. The American Diabetes Association Guide to Insulin and Type 2 Diabetes gives complete information, and you'll hear from the experts - people with type 2 diabetes who use insulin. Their advice, support, and practical tips will help you fit insulin into your lifestyle.

Book Information

Paperback: 232 pages

Publisher: American Diabetes Association; 1 edition (October 4, 2007)

Language: English

ISBN-10: 1580402844

ISBN-13: 978-1580402842

Product Dimensions: 4.8 x 0.5 x 6.9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,007,082 in Books (See Top 100 in Books) #79 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #4674 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss](#) #6699 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

Customer Reviews

ADA's Guide to Insulin & Type 2 Diabetes is thorough yet concise. The answers and explanations often come from people who know best: those with diabetes who have lived it, learned it, and are willing to share firsthand experiences. Jason Iltz, PharmD, CDM; [This book] contains information that is usually learned after years of clinical practice. It is an excellent resource for people with type 2 diabetes, as well as the health care professionals who work with them. Geri Spollett, MSN, C-ANP, CDE

Marie McCarren has over 16 years experience writing for patients. She has written six books for the American Diabetes Association, including Carb Counting Made Easy and Insulin for Type 2 Diabetes: Fears, Myths, Truths. Her books have sold in excess of 500,000 copies.

This has the information you really need to know to start taking insulin!

This is a great book to have if you use insulin for your diabetes.

The doctor says it is time for insulin, but you are worried about the needles. Or you think it means your type 2 diabetes has worsened and there is no hope in avoiding complications. Or you're worried about weight gain. Marie McCarren works to dispel the myths about insulin in this book. Using a balance of clinical guidelines and personal stories from the American Diabetes Association message boards, McCarren does an excellent job explaining all things insulin. For instance, needles used to inject insulin are small. Better control can be found with insulin therapy and weight can be managed if insulin doses are correct. That is just a sample of answers found in this book. The only thing missing are photographs of someone injecting insulin. While there are excellent graphs detailing how different insulins peak, I was disappointed not to see injections demonstrated. Regardless, I plan on keeping this book around for my own reference should insulin become the answer for me in the future. I highly recommend it to anyone worried about their own insulin needs.

As a type 1 diabetic of thirty-five years, I always find it amusing how type 2s associate insulin with failure and are so afraid to take these tiny and generally painless injections. That said, the ADA's Guide to Insulin & Type 2 Diabetes is a lively little book to get type 2s more comfortable and familiar with the ins and outs of insulin use. The guide's uniqueness lies in the fact that it includes patients' comments about using insulin from its online message board. For patients already acquainted with insulin, how to use it and all the basics, this makes an animated read. There is much to be gained, particularly emotionally, from reading the views of fellow new patient users. If you don't have a basic understanding of insulin and its use, however, this approach may be a little confusing and for that reason work against understanding clearly the critical information regarding insulin use. All to say, if you know your insulin Ps & Qs this is a nice addition. If not, go for a basic primer first, and use this as follow-up therapy.

As a diabetes nurse educator, I find my biggest challenge of leading people into optimal blood sugar ranges is convincing them that it is important to start injecting insulin, a hormone their body is no longer making enough of. Next, they need to understand how to do the intensive insulin management their pancreas used to do, but now need to use their own brain to calculate their body's insulin needs. Diabetics will be able to see why they eventually need a before meal insulin

correction dose for blood sugars plus enough extra insulin to cover the carbohydrates they eat. There are lots of actual examples from people living with diabetes, in their own words, so it is easy to identify real feelings. Ms. McCarren writes in an easy to read format with tables and charts which creates a simple guide to insulin therapy. I recommend this book to my new insulin starts and people ready to begin intensive insulin therapy. M. Ingram RN CDE

This book is informative for both newbies and veteran diabetics. For myself, I realized I could adjust my insulin units based on how my body was reacting. That's something I didn't know I could do on my own. I've been a diabetic for over 10 years. This book has many narratives from different people so if you're new to diabetes, it's a great resource.

[Download to continue reading...](#)

Type 2 Diabetes:The Type 2 Diabetes Guide With Powerful Type 2 Diabetes Tips (Free Checklist Included)[Type 2 Diabetes, Type 2 Diabetes Cure,Type 2 Diabetes Diet, Diabetes Diet, Diabetes Magazine] TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) BLOOD TYPE DIET : Eat recipes according to blood type(blood diet,blood type diet o,blood type diet b,blood type cookbook,blood type a diet,blood type a cookbook,blood type ab,blood type book) Diabetes: 60+ Powerful Diabetic Superfoods to Reverse Diabetes, Regulate Insulin, Control Blood Sugar, and Lower Blood Pressure (Diabetes Diet, Diabetic, ... Type 2 Diabetes, Insulin Resistance Book 1) Diabetes: The Most Effective Diabetic Superfoods To Reverse And Prevent Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 2 Diabetes, Reverse Diabetes) Diabetes: Reverse Diabetes In 4 Weeks With Proven Step By Step Methods And Superior Strategies (+ Bonus Cheatsheet) (Diabetes Diet, Diabetes Type 2, Diabetes Cookbook, Insulin, Diabetes Solution) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes) American Diabetes Association Complete Guide to Diabetes: The Ultimate Home Reference from the Diabetes Experts (American Diabetes Association Complete Guide to Diabetes) Diabetes: Reverse type 2 diabetes, lower your blood sugar, and live a healthier life in 12 simple steps (Diabetes, Type 2 Diabetes, Blood Sugar, Sugar, Insulin, Fat, Diet, Unhealthy Diet, Book 5) Diabetes: Reverse Diabetes

Naturally & Safely: The Simple & Effective Changes You Can Make In Order To Reduce Blood Sugar Levels & Cure Diabetes ... End Diabetes, Type 1 Diabetes, Insulin) Diabetes: 2017 The Secrets About Diabetes that You Never Knew (Diabetes Diet,Reverse Type 2, Diabetes Insulin Resistance, Diabetes Cure, Lower Blood Sugar to Normal) Diabetes: Fight It with the Blood Type Diet: The Individualized Plan for Preventing and Treating Diabetes (Type I, Type II) and Pre-Diabetes (Dr. ... Eat Right 4 Your Type Health Library) American Diabetes Association Guide to Insulin and Type 2 Diabetes Diabetes Diet Cookbook: Delicious Low Carb Recipes For Diabetics (Diabetes Miracle Cure, Lower Blood Sugar, Diabetes Desserts) (Diabetes Cookbook, Diabetes ... Type 2 Diabetes, Lower Blood Sugar) DIABETES Killer Formula: The Miraculous Guide Will Fully Reverse Your Diabetes and In A Natural Way. (Diabetes Diet, Diabetes Recipes, Diabetes Cure, Reversing ... 2 Diabetes, Diabetes Destroyer,) Ketogenic Diet: Ketosis For Diabetes -Lower Your Blood Sugar And Lose Weight(Reduce Inflammation,reverse type 2 diabetes,Insulin Resistance Diet) (paleo ... low carb high fat,keto clarity,diabetes,) Cure diabetes : Diabetic No More: Normalize Blood Sugar, Reverse Diabetes, and Say Goodbye to Drugs and Testing Forever (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health) Reverse Diabetes: The Natural Way - How To Be Diabetes-Free In 21 Days: 7-Step Success System (Symptoms Of Diabetes, Type 2 Diabetes, Reversing Diabetes, Diabetic Health)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)