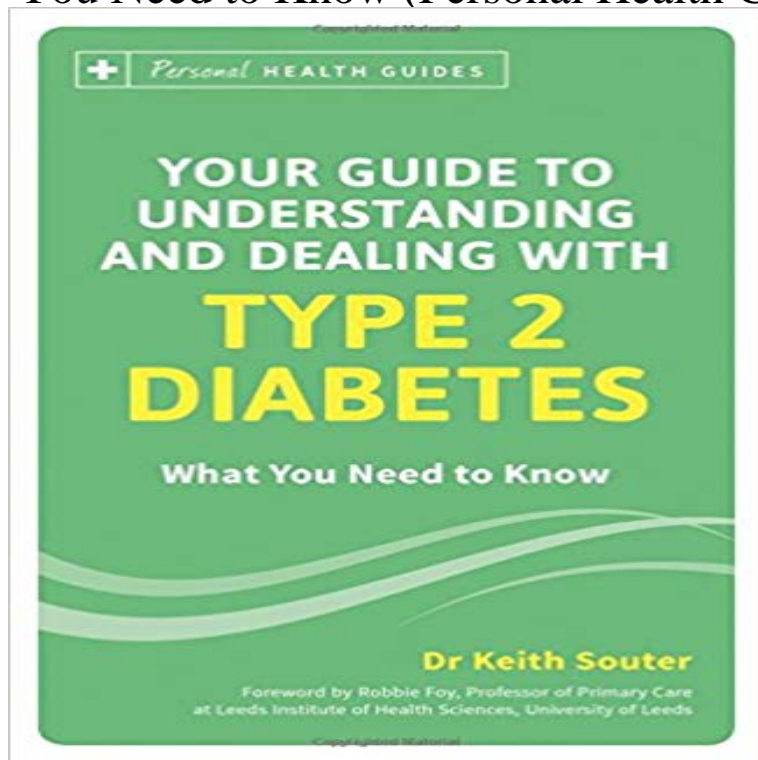


# Your Guide to Understanding and Dealing with Type 2 Diabetes: What You Need to Know (Personal Health Guides)



Type 2 diabetes often smolders on for a long time before it is recognized and diagnosed it is believed that there are hundreds of thousands of undiagnosed cases. This book gives the basic information needed to understand what type 2 diabetes is, how to recognize it, and, most essentially, how to manage it, including details on the symptoms of type 2 diabetes; risk factors for type 2 diabetes and how to reduce those risks; the various medicinal treatments and support available; and changes to daily routines, diet, exercise, and attitude that can improve life with type 2 diabetes.

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