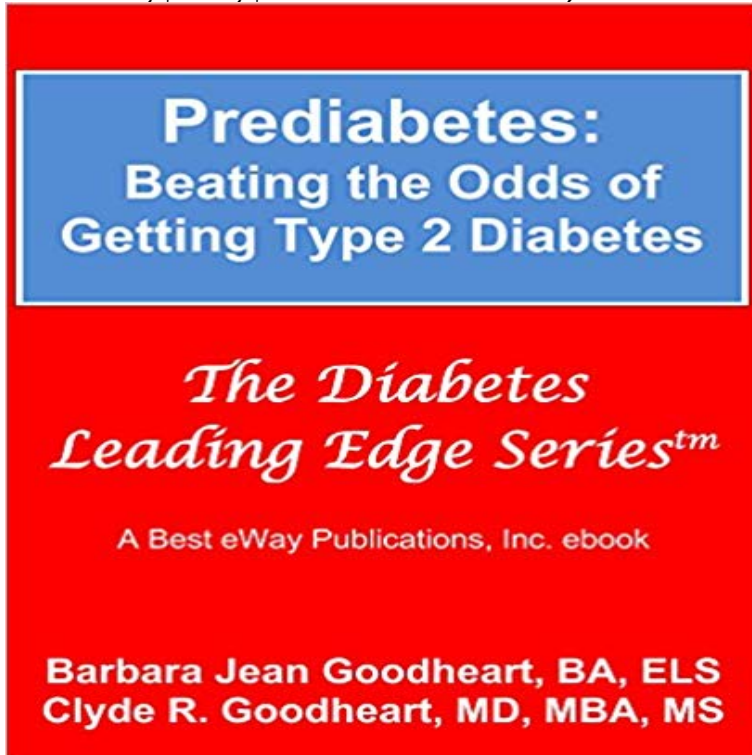


Prediabetes: Beating the Odds of Getting Type 2 Diabetes (The Diabetes Leading Edge Series Book 3)



Book Description If youve been told that you have the metabolic syndrome or prediabetes, youve made a wise choice in deciding to read this book. It means youre motivated to do something about your situation. As you may know, if you have prediabetes, the odds are youll develop type 2 diabetes within 10 years. But it doesnt have to happen. You can turn things aroundprevent type 2. Well show you how. Youll need to make some choices, take a good look at your lifestyle, and decide what parts of the way youre living are especially important to you. Youll identify activities you enjoy, and perhaps add some new ones. If you need to find ways to motivate yourself, we can help, and so can your health care team. Turning things around wont be as hard as you may think, and you might even have some fun along the way. Beating the oddsavoiding type 2will help you ward off the complications: heart attack, stroke, nerve damage, kidney failure, blindness, amputation, and erectile dysfunction. And thats certainly well worth working toward. Contents Topics Setting Goals Three Simple Ways to Measure Your Progress Know the EnemyThen Move On Physical Activity and Exercise Limited Capacity? Dont Just Sit! Walkings Okay; No Need to Run! Spurting Health Clubs Resistance Training Some Low-Cost and No-Cost Suggestions Motivation Money, Money Fun for Gadgeteers Music For the Goal-Oriented Planner Healthful Eating Weight-Loss Programs Tips from the Harvard Website A Word About Fats A Word About Carbs and the Glycemic Index A Word About Fiber A Word About Fresh and Frozen A Word About Sweeteners A Word About Salt Odds & Ends Proof of Success: The Diabetes Prevention Program Appendix Glossary A Word From the Authors About the Authors The Authors Barbara Goodheart, BA, ELS, and Clyde Goodheart, MD, MS,

MBA, have been medical writers for more than thirty years. Clyde is the author of a medical textbook and coauthor of another. He has published more than 60 papers in peer-reviewed journals. Clyde brings to this series his experience with patients and his background in research. Barbara has won several awards for her medical writing. She has a background in magazine writing, has written three other books and contributed to an additional six, and is a certified editor in the life sciences (ELS). Many authors of diabetes books have diabetes themselves; Barbara and Clyde do not. They had a daughter who had type 2 diabetes. They share the concerns of the many patients and families afflicted with this life-changing disease, and will do their best to provide the latest and most complete information on diabetes.

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