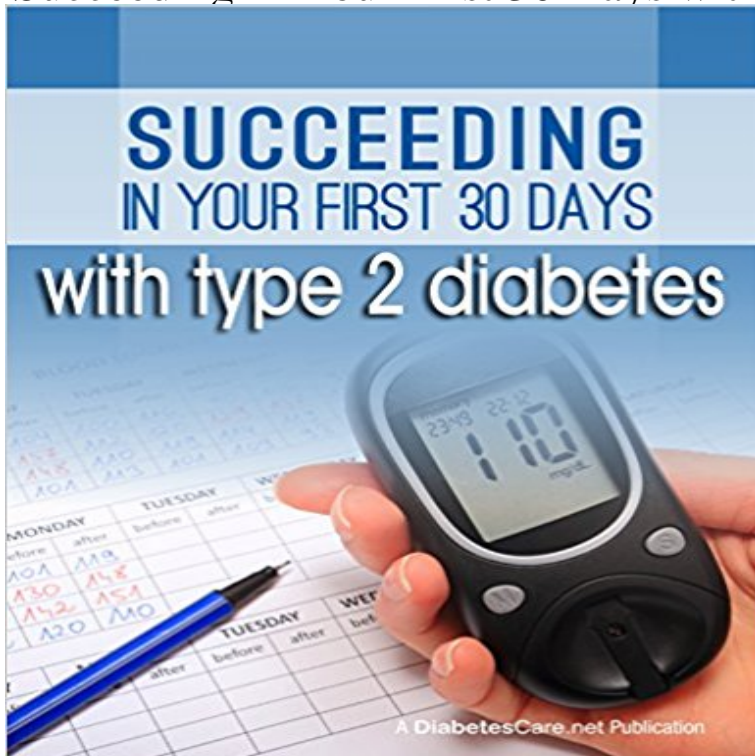


## Succeeding in Your First 30 Days with Type 2 Diabetes



This comprehensive guide will allow people with newly-diagnosed type 2 diabetes as well as those that still have questions on proper control to take a fresh look at daily diabetes management. Written by certified diabetes educators-medical professionals, this guide helps you eat right, learn how to test your blood sugar, discusses medicines, teaches basic exercises, and even includes how to deal with the emotional aspects of a diabetes diagnosis. Medical providers: this is a great complement to all your care and guidance you are providing for patients. What can I learn in the guide? The Succeeding in Your First 30 Days with Type 2 Diabetes Guide contains a ton of concise easy-to-digest information you will need to conquer your understanding of diabetes and how to successfully incorporate simple changes in your daily routine to improve your health. Topics Covered Coping with a New Diagnosis What is Type 2 Diabetes Glucose Monitoring Medicines Nutrition Physical Activity Everday Scenarios Meal Plans ...And More

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