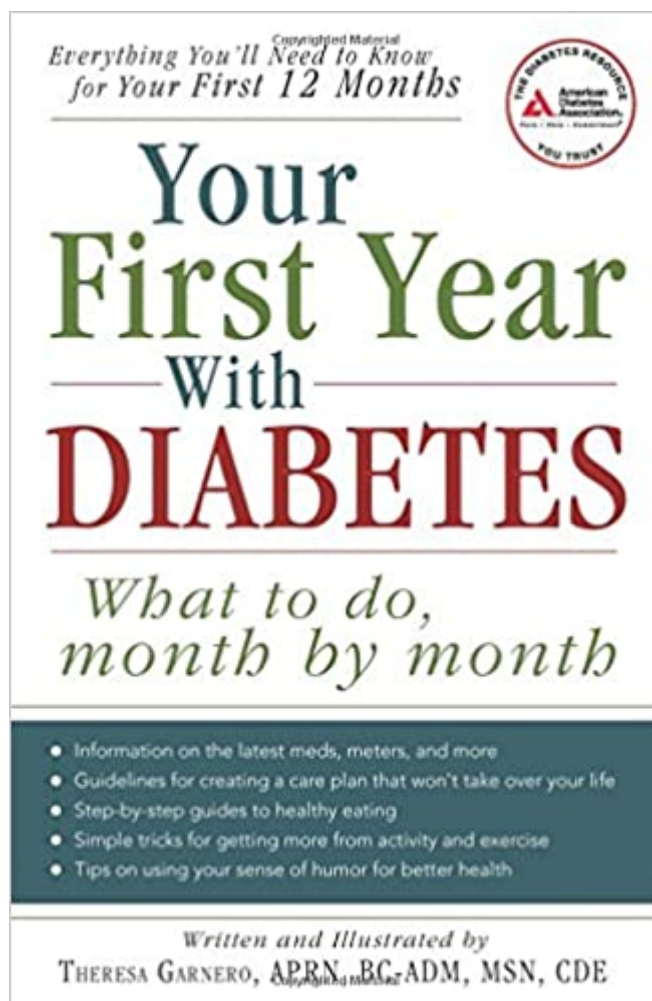


The book was found

Your First Year With Diabetes: What To Do, Month By Month



Synopsis

A 12-month plan for surviving diabetesThe most frightening moment for most people with diabetes is when they are first diagnosed. They are filled with questions: What can I eat? What should I do? Is there a plan for me to follow? While some people get a plan from their doctor, most people do not. Your First Year with Diabetes is the plan for everyone. It walks you step-by-step through a first-30-days survival plan, then shows a month-by-month program for what comes next. Everything from a basic explanation of diabetes, what you can eat right away, and instructions on how to check glucose to a deeper knowledge about diabetes nutrition, avoiding complications, and better management. Your First Year with Diabetes also anticipates and explains problems such as depression, illnesses, and needing to lose weight.

Book Information

Paperback: 316 pages

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Average Customer Review: 4.3 out of 5 stars 47 customer reviews

Best Sellers Rank: #188,610 in Books (See Top 100 in Books) #14 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #1496 in [Books > Health, Fitness & Dieting > Nutrition](#) #1997 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments](#)

Customer Reviews

Theresa Garner, APRN, BC-ADM, MSN, CDE, is past president of the California Central Coast American Association of Diabetes Educators (AADE) and won the 2004-05 AADE Diabetes Educator of the Year award. She is also a former script writer for dLife and a regular columnist for their website.

The only good thing about this book is its journal type check in's. There are several places to document your progress and focus on the emotional and mental aspects of adjusting to your new lifestyle. There is a decent amount of information presented, and does a good job of breaking down

what you need to know. I find the writing to be juvenile, and the language to be slightly patronizing. Also much of the information presented does not lead you to a healthy lifestyle. The foods suggested are very unhealthy. The suggested diet, while adhering to ADA guidelines, is very high carb. I'd say do your research on the many different suggested diets for diabetes before committing to follow this one. If you're looking for an intro to diabetes, and a place to track your progress, this book is great. If you want a more in depth look at the disease, look elsewhere.

When I was diagnosed with Diabetes, I really knew nothing about it and my doctor was not a lot of help. I ordered this book and it really helped me understand more about the condition and what steps I could take to improve my health and protect my body. For example, Diabetic people sometimes deal with foot issues and this book explained that you should keep your feet clean and dry and NOT put lotion between your toes, who knew that? I know it says "your first year" but I happened to read this book in a little over a day. It's compiled by subject, and you don't have to have a medical degree to understand it. I liked the way everything was broken down into sections. I have found myself referring to the book many times through the past months and now I will be passing it along to a friend who was recently diagnosed! I would highly recommend this book!!

This is a well-organized, informative, well-written book. I learned a lot from it and would recommend it to other newly diagnosed diabetics. However, as a type II diabetic who is actually quite thin (5'4" and 111 lbs), the diet (as usual) seemed aimed toward weight loss. I understand that about 85-90% of type II diabetics are overweight but I wish that they had given those of us who aren't overweight some more diet tips.

I have this book as it was given to me by a very close personal friend. I needed another copy which I found with this particular seller for someone who was just diagnosed with diabetes type 2. He is stumbling through his newly changed life and this book will be greatly appreciative for sure. It is the best book out for Diabetes. I have had diabetes type 2 for nearly three years now and this book has been such a tremendous guide for me. Easy to understand and loaded with every type of topic related to this disease. I highly recommend this book to anybody who has diabetes. I saved money with this particular seller and the book came in fantastic condition. I am very impressed.

I really like this book. It is a common sense approach to learning about and learning to live with type II diabetes. I have found it to be a useful tool and a nice resource. Ms. Garner writes with wit and

has an easy going style which deals effectively with a complex medical condition. By breaking it down into small chunks, she has made it less overwhelming.

If you were diagnosed last week, this will help. If it's been more than a few weeks, this will not really help you.

I was recently diagnosed with type 2 diabetes and of course was shocked. I immediately started shopping for books on the subject to educate myself. I saw this book here on and liked the fact that it covers your first year dealing with diabetes and according to other reviews, used humor a lot. I ordered it and am very pleased with it. It's a great book on helping you deal with everything you are going through your first year. It deals with all the different emotions you will most likely be dealing with and all of the questions you may have such as what the heck is diabetes? I am reading it straight through and not just reading according to the schedule of the month by month chapters. I appreciate that this book does use humor to lighten the moment but does not belittle what you are going through. I just really like how the book is written. I fully recommend this book to anyone who has been newly diagnosed.

Just diagnosed with diabetes. Never really sick a day in my life, am active and don't smoke, drink, or eat fast food. So what the heck am I doing with diabetes?! For me this has been a wake up call to start living a healthier life style. Anyway this has been a very useful first book on diabetes for me. Also recommend Diabetes for Dummies and Cinnamon capsules which have been effective in keeping my sugar down.

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