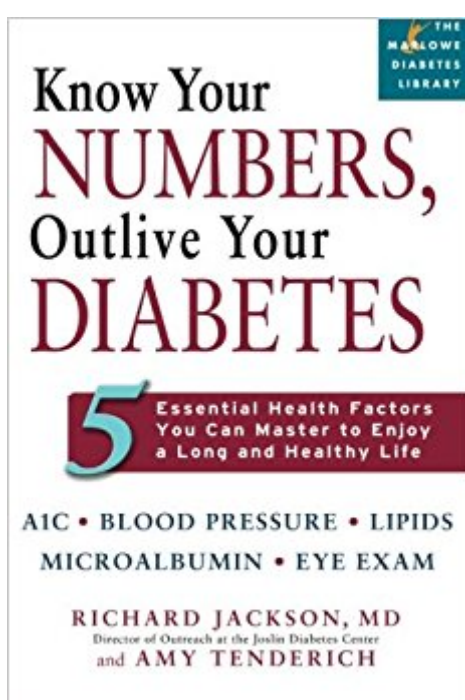


The book was found

# Know Your Numbers, Outlive Your Diabetes: 5 Essential Health Factors You Can Master To Enjoy A Long And Healthy Life (Marlowe Diabetes Library)



## Synopsis

Five tests are the cornerstones for monitoring your overall health with diabetes and developing a daily management plan; yet few of the more than 21 million people in the United States living with diabetes know their results of these five tests: A1c Blood pressure Lipids (HDL, LDL, triglycerides) Microalbumin Yearly eye exam Knowing your five key test results will enable you to manage your condition as successfully and fully as possible, and achieve the long and healthy life you want. Dr. Richard Jackson and Amy Tenderich walk you through how to understand each of these factors and then to create a personalized treatment plan for optimum blood-glucose control, heart health, and general diabetes management and well being.

## Book Information

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## Customer Reviews

Lose 30 pounds. Get your blood pressure down. Lower your LDL cholesterol and triglycerides and get that HDL cholesterol up. Keep an eye on your blood sugar and have it checked often. Does any of this sound familiar? Sure it does and you may have even heard it from your own doctor regarding your flailing health because of you are overweight or obese. It's the dreaded lecture that comes from physicians when they see certain health indicators come back as irregular. But what if what you are dealing with is something even more life-threatening than just a bout with obesity, hypertension, or a poor lipid profile? What if it's one of the most dreaded of all diseases that makes you feel like your world has come to an official end? That's exactly what happens to some people when they are told they have been diagnosed with diabetes. What did I do to cause this? How can something like this

happen to me? Will I ever live a "normal" life again or am I destined for a life of painful insulin injections, expensive prescription medications, and endless doctor visits for the rest of my life? These thoughts are not only very real to people who are told they have diabetes, but it can paralyze them even when they otherwise have their life under complete control. Diabetes has quite literally turned the life of millions of people upside down and leaves them with very little hope or help. Where can people turn when they are faced with such despair about this complex disease they have? Whether you are Type 1 or Type 2 diabetic, then you have undoubtedly been given some all-too-familiar generic advice about handling your diabetes (like I illustrated at the beginning of this review) which is all meant to help you I am sure.

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