



# **Understanding Type 2 Diabetes: Fewer highs, Fewer lows, Better health - Expanded and Updated 2nd Edition**

*Merlin Thomas*

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The growing epidemic of Type 2 diabetes already affects over 29.1 million American (2012) with the figures from the American Diabetes Association reporting 1.7 million new diagnoses each year. Worldwide, the World Health Organization estimates that 346 million people have diabetes, a figure that is expected to double by 2030 without intervention. In this essential resource for any diabetes sufferer, Professor Merlin Thomas from the world-renowned Baker IDI Heart & Diabetes Institute offers clear, effective guidance on how to manage all aspects of the disease.

The book examines what diabetes is and how it comes about. It describes the many practical changes you can make to your diet, while also looking at physical activity and the different ways exercise can be used to maintain and improve your health. The book also explores the medical aspects of diabetes care, including the best ways to achieve control of your waistline, blood glucose, blood pressure and cholesterol levels, and how to avoid major complications. Individual chapters look at the effects of diabetes on the heart, vision, feet, kidneys, bladder, mind, mood, sleep and sex - all critically important areas for sufferers wanting to maintain optimum health.

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