



The Canadian Type 2 Diabetes Sourcebook

M. Sara Rosenthal

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The Canadian Type 2 Diabetes Sourcebook

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The Canadian Type 2 Diabetes Sourcebook M. Sara Rosenthal The Most Trustworthy Source for Canadians with Type 2 Diabetes

Trusted by Canadian doctors and patients for over ten years, *The Canadian Type 2 Diabetes Sourcebook* is the only medically researched guidebook that allows you to learn about diabetes directly from the experts. This one-stop resource provides everything you need to know about managing Type 2 diabetes, creating the best health care team for you, and understanding the latest medical advice. Updated and aligned with the most recent clinical guidelines, this new edition covers the most up-to-date medications, lifestyle recommendations, and treatment options, with entirely new information about pediatric Type 2 diabetes.

INSIDE:

- Diabetes basics-the what, who, and why
- Creating your diabetes health care team
- Testing your blood sugar and managing the highs and lows
- What to eat and how to maintain a healthy diet, including low glycemic eating
- The role of active living
- Diabetes medications (revised and updated to reflect the latest Canadian clinical guidelines)
- Special circumstances and risk factors: pregnancy and fertility, menopause, aging, and obesity
- The unique challenges faced by Aboriginal Canadians
- Complications and how to prevent them: heart disease, nerve damage, vision problems, kidney damage, circulatory problems, and more
- A comprehensive list of resources to help you along every step of the way
- All new information about pediatric Type 2 diabetes

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Grace McClellan:

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Clara Duke:

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