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Synopsis Books:

In an era of managed care, the newly diagnosed patient with diabetes goes home to face daily questions about how to cope with the disease. This extensively revised edition of a guide that has become truly indispensable covers all such questions: adjusting to the emotional impact of diabetes; making decisions about diet, exercise, types of medication, and new technology; finding the best care; and facing the uncertainty surrounding complications and their effect on marriage and family, sex, and career choice. A new resource section and up-to-date information on new research and improved self-management make this helpful and understanding book more essential than ever.

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