



# What to Expect When You Have Diabetes: 170 Tips For Living Well With Diabetes

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Managing a chronic disease like diabetes can be overwhelming, even frightening—especially if you're among the 1.5 million Americans who are newly diagnosed each year. Now there's sound, steadying advice written by the experts, so you can live well with diabetes, not just manage it. **What to Expect When You Have Diabetes** is a worthy companion amid the glut of questions. This go-to guide with a can-do approach makes understanding diabetes easier. A Q&A format, organized by topic for quick reference, provides authoritative answers in straightforward language to a range of questions: Is diabetes a dangerous disease? Should I tell my boss and coworkers that I have diabetes? What should I do if I forget to take my diabetes pills? How do I reduce fat in a meal when I eat at a restaurant? This repository of information makes the perfect companion to a health-care team. This book will become a trusted reference for ongoing care.

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