



Mit Diabetes leben für Dummies (Für Dummies) (German Edition)

Alan L. Rubin

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Was bei Diabetes hilft und was nicht

Sie haben Diabetes und möchten trotzdem das Leben genießen? Der Diabetologe Alan L. Rubin hilft Ihnen, die Krankheit besser zu verstehen. Er erläutert die Formen der Diabetes und erklärt Ihnen, welche Tests und Untersuchungen Sie durchführen sollten, welche Medikamente auf dem Markt sind und wie Sie sich richtig ernähren. Vor allem zeigt er Ihnen, was Sie dazu tun können, damit es Ihnen gut geht. Zahlreiche Rezepte von schmackhaften, einfach zuzubereitenden Gerichten sowie ein Trainings- und Diätplan runden diesen hilfreichen Leitfaden ab.

Sie erfahren:

- Wie Sie Prädiabetes erkennen
- Was der Unterschied zwischen Typ-1-Diabetes und Typ-2-Diabetes ist
- Wie Diabetes Ihren Körper beeinflusst
- Welche Sportarten hilfreich sein können
- Was zu tun ist, wenn Ihr Kind Diabetes hat
- Wie Sie aktiv Spätfolgen vermeiden können

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