



# Living With Diabetes: A Guide for Patients and Parents

*James W. Reed M.D. M.A.C.P. F.A.C.E.*

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**Living With Diabetes: A Guide for Patients and Parents** James W. Reed M.D. M.A.C.P. F.A.C.E.

Written by a leading expert in the field, this is a helpful guide that describes and gives effective ideas of how to cope with a diagnosis.

With diabetes one of the most common diseases in the western world, the African-American community is particularly at risk. This book explores why, including the causes and risk factors for Type-2 diabetes as well as treatments.

LIVING WITH DIABETES discusses strategies for coping with a diagnosis, the role of insulin, how to start exercising, the DASH (Dietary Approaches to Stop Hypertension) diet designed for diabetics, long-term complications, and more. This comprehensive book concludes with over twenty-five delicious recipes from the American Diabetes Association.

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