



# **Your Type 2 Diabetes Action Plan: Tips, Techniques, and Practical Advice for Living Well with Diabetes**

*American Diabetes Association ADA, Kate Ruder*

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Nearly two million people are diagnosed with type 2 diabetes in the United States every year. Many more are diagnosed with prediabetes. For the millions of people already living with diabetes, preventing or treating the many complications of diabetes is a constant concern. Often, what each of these individuals needs to control his or her blood glucose, treat complications, or prevent diabetes entirely is a change — a change in nutrition, a change in physical activity, a change in medication, a change in lifestyle. To help facilitate these changes, these individuals require clear recommendations based on established research that can help them quickly make the adjustments they need to improve their condition and create lifelong healthy habits. What they need is an action plan.

Designed specifically for those are ready to take action, *Your Type 2 Diabetes Action Plan* is a concise, step-based approach to quickly improving blood glucose management and quality of life. Diabetes self-care advice can often be overwhelming and, coupled with the shock of diagnosis, it's easy to be paralyzed by the enormity of new information. To prevent this, the *Diabetes Action Plan* breaks down complicated concepts and long-term goals into manageable steps that are measured in days and weeks. Each attainable, short-term objective then builds upon the previous step to engender long-term self-care change.

Topics include improving glucose management and optimizing medication; increasing physical activity; creating a diabetes meal plan; treating and coping with complications; getting the most out of a health care team; improving family health, and much more.

Presented in clear, actionable steps, this is the perfect guide to a longer, better life with type 2 diabetes.

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The book that recommended to you personally is *Your Type 2 Diabetes Action Plan: Tips, Techniques, and Practical Advice for Living Well with Diabetes* this reserve consist a lot of the information with the condition of this world now. This particular book was represented just how can the world has grown up. The language styles that writer require to explain it is easy to understand. Typically the writer made some study when he makes this book. Here is why this book suited all of you.

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