



Your First Year with Diabetes: What to Do, Month by Month (2nd Revised edition)

By Theresa Garnero

American Diabetes Association. Paperback. Book Condition: new. BRAND NEW, Your First Year with Diabetes: What to Do, Month by Month (2nd Revised edition), Theresa Garnero, Your First Year with Diabetes is the 12-month plan for anyone who has recently been diagnosed with diabetes. Taking readers step-by-step through the first year, this practical and humorous guide includes a basic explanation of the disease, instructions on checking glucose, and details about diabetes nutrition, avoiding complications, and better management. In addition to her clinical expertise, author and cartoonist Theresa Garnero brings some much-needed levity to a very serious topic. The book is filled with lighthearted cartoons to help healing through humor. This whimsical approach to diabetes self-care resonates with people who need a breath of fresh air in their diabetes management.

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