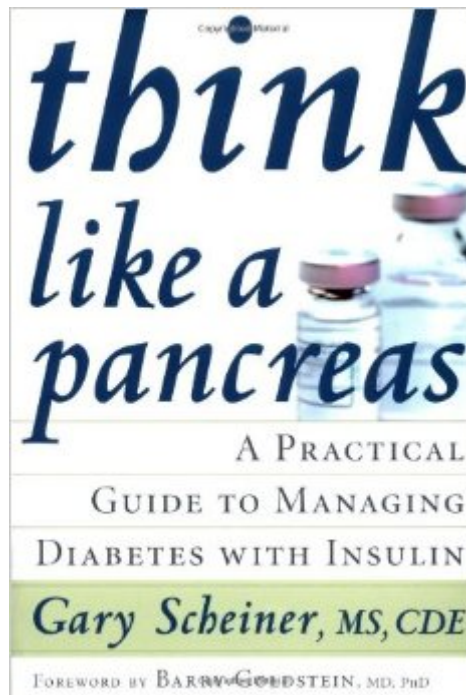


The book was found

Think Like A Pancreas: A Practical Guide To Managing Diabetes With Insulin



Synopsis

There are dozens of books about managing diabetes, but none focuses specifically on using insulin. Now, in *Think Like a Pancreas*, certified diabetes educator and type 1 insulin user Gary Scheiner gives readers everything they need to know to "think like a pancreas," i.e., to successfully master the art of matching insulin to the body's ever-changing needs. A comprehensive, supremely practical guide free of medical mumbo jumbo, *Think Like a Pancreas* discusses day-to-day blood glucose control and monitoring; measuring and matching insulin to carbohydrate intake; the pluses and minuses of different insulin-delivery methods; hypoglycemia; exercise; the impact of emotions, stress, and illness; and the dozens of other issues that everyone taking insulin needs to master. A book that is long overdue, this first-ever, indispensable, all-in-one resource will enlighten and inspire the four million people whose lives and well-being depend on daily insulin intake.

Book Information

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Customer Reviews

I am the editor of Diabetic Mommy Online Magazine. I have lots of diabetes books in my personal library and there are a select few that I am always recommending to members on my site. This one is now at the top of my list of essential diabetes books for insulin users, both syringe and pump users. I found this book at my local library. I thought it had a catchy title and took it home. Cute title aside, this book took me by total surprise. It is now on my wish-list because it will make a tremendous difference in my self-management plus I want to mark this baby up with notes. If you have diabetes, you might be like me...you read in books and hear organizations stressing

self-management however your own healthcare team won't give you enough information to make corrections on your own so you are still dependent on them for every single little adjustment. Busy schedules for all parties mean that a simple correction can be a hassle and a long wait. This book is not intended to be a replacement for your healthcare team, don't get me wrong, but it provides you with enough information so that you will not be totally helpless and you will have more knowledge to work WITH your team rather than just be the recipient of instructions. This book covers many topics: Why diabetics need to be in control of their glucose levels, history of diabetes, insulin basics, tips, various methods of insulin dosing, having diabetes in the "real" world, hypo/hyperglycemia, resources, forms, and easy formulas for personalizing your insulin doses and timing, etc. It is the most detailed and clear book on the subject I have seen yet. Something else this book has going for it is great clear writing and the unavoidable good-humor of the author. He really made me chuckle.

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