



Living with Diabetes: The Diabetes UK Guide for those Treated with Insulin

John L. Day

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In the Diabetes UK Guide for those treated with insulin you will find all the answer you need to understand and take control of your diabetes.

Knowing about diabetes is key to coping with it. Dr John Day, an outstanding authority in diabetes and an experienced doctor, clearly explains all the latest recommendations for healthy eating, exercise and medical treatment, helping people with diabetes to maximise their lifestyle while minimising their difficulties.

Practical and realistic solutions to common problems are given.

People with diabetes and their relatives and friends will find this book an invaluable source of guidance and advice.

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