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Type 2 Diabetes in Teens: Secrets for Success

Jean Betschart-Roemer

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Get a handle on your diabetes and get on with your life!
If you're a teenager who has Type 2 diabetes, you're not alone. More and more people your age are being diagnosed with Type 2-and most of them also struggle with their diabetes treatment. The first book of its kind, Type 2 Diabetes in Teens was written to help you better understand and manage your diabetes. It's very important that you take care of yourself and follow your treatment-and this book gives you information on living well, including:
How to keep blood sugar in control * What to do when you get cravings * How to manage your diabetes in school * What to say to your friends and your dates * How to balance exercise and food when you take insulin * Where to find help when you need it * Ways to eat healthier * How to be patient with yourself and enjoy life
A special section of tips and suggestions for parents will help your family support you as you manage your diabetes. You're not alone in this-and Type 2 Diabetes in Teens will show you and your family how to deal with the disease and have a positive outlook on life.
""Highly recommended for teens living with Type 2 diabetes and their parents.""
-Richard R. Rubin, Ph.D., C.D.E., Associate Professor
Departments of Medicine and Pediatrics
The Johns Hopkins University School of Medicine

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