Written by two trusted experts in the treatment of diabetes, this book provides comprehensive information on living with the disease.

Covering both Type I and Type II diabetes, The Diabetes Handbook offers practical, authoritative advice for coping with the disorder, including glucose monitoring, diet, exercise, medications, family dynamics, and expert tips on day-to-day strategies for staying healthy -- both at home and while traveling. Written in clear, simple language and illustrated with 200 fun cartoon-style drawings, The Diabetes Handbook is an invaluable source of timely, trusted information for everyone from the newly diagnosed to the longtime diabetes patient and his or her family.