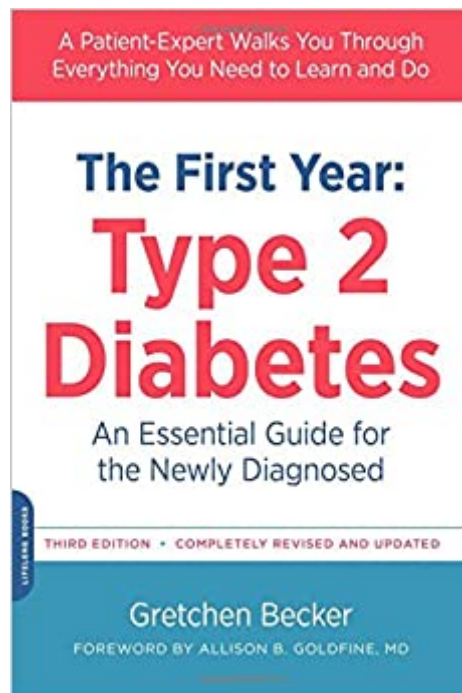




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# **The First Year: Type 2 Diabetes: An Essential Guide For The Newly Diagnosed (The Complete First Year)**



## Synopsis

The go-to step-by-step guide that walks you through the first days, weeks, and months of your diagnosis; fully revised and updated Gretchen Becker was diagnosed with type 2 diabetes in 1996; over the past twenty years, she has educated herself on every aspect of the condition by reading medical texts and journals, talking with doctors, and corresponding with others who have type 2, sharing everything she's learned in a comprehensive, easy-to-use guide. Now in its third edition, *The First Year: Type 2 Diabetes* takes you through everything you need to learn and do in your first year with diabetes, offering the most up-to-date information on new medications and supplements. In clear and accessible language, Becker covers a wide range of practical, medical, and lifestyle issues, including:

- Coming to terms with your diagnosis
- Choosing the diet that's best for you
- The role of exercise in diabetes management
- Daily blood glucose testing routines
- Insurance issues
- Getting support
- And much more

## Book Information

Series: The Complete First Year

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## Customer Reviews

This is the first entry in the publisher's "First Year" series, which seeks to set itself apart from other health advice lines with its authors all "patient-experts." Diagnosed with Type 2 diabetes in 1996, Becker quickly learned that there are many ways to approach diabetes care. She uses appropriate humor and presents basic information to take the reader through each day of the first week, each subsequent week of the first month, and the next 11 months after diagnosis. Emphasizing the

self-management skills that all diabetics must master for adequate control of the disease, Becker addresses the questions not always anticipated or answered by healthcare providers. For instance, she covers necessary and optional tests, diet, drugs, weight and stress management, and the emotional strain of the disorder. Her sections on insurance and paying medical bills are excellent. Internet diabetes expert Rick Mendoza has also contributed a chapter on online resources. Other useful features include a glossary, reading list, and further resources. This excellent volume should inspire patients to manage prudently their disease. Recommended for consumer health collections. Janet M. Schneider, James A. Haley Veterans' Hosp., Tampa, FL Copyright 2001 Reed Business Information, Inc. --This text refers to the Audio CD edition.

Brattleboro Reformer, 10/29/15;The book explains the science of diabetes in a way that the average patient can understand. –

Very helpful. Good source to refer back to from time to time. Hard to find clear, honest facts from doctors or advice on line about cirrhosis. I wish more people were educated about the subject. I found making myself "smarter" about cirrhosis helps me ask the questions that will get me the right answers. Thank god for this book.

Really helped me. Wish I had had it the first day I got diagnosed. Wish it had more info about what to eat. Author just kind of pushes off the responsibility and tells you to go research other diets. Wish those were actually contained in here, because that is my biggest question right now is what do I eat. Still though, this book made me feel a lot better. Even though some of the info was basic, it was good reinforcement and explained it in a really easy to understand way. I also liked the affirmation of her saying you're not a bad person if you got this disease. I REALLY needed to hear the stuff in this book.

Unfortunately, not everybody thinks like the author. I appreciate the approach and passion that Ms Becker put into the learning and writing of this book. Excellent and understandable coverage of everything from the testing to biochemistry to available drugs to personal diet management. It really is the best book I could imagine on this subject. My problem... I'm not disciplined enough to keep it all together. My time horizon for control is longer than "The First Year". That said, I would not hesitate to (and do) recommend this book to any recipients of "Type 2 Diabetes".

Not my absolute favorite on the topic, but very high on my list of 20+ books I've read/examined. (I gave myself permission to set aside or return to the library the ones that annoyed me early on.) It's a lot to absorb -- but so is prediabetes/type 2 diabetes a lot to deal with. This is good and thorough and reflects both the excellent writing of an experienced medical/technical writer and the personal touch of a type 2 diabetes patient.

This book has been so informative! I feel more able to manage my recently diagnosed Type 2 diabetes with the help of this book. I'd recommend it to anyone who has just received this diagnosis and doesn't know where to begin living as a diabetic.

This book has a wealth of information. I have no medical background and found everything written in an easily understandable style. This book will be a great resource. The index makes it easy to find specific topic later.

I gave this 5 stars because it's more like a reference book. It's an introduction for those first diagnosed. It's also a fairly deep technical and medical view of the disease. It's very clear this is a complicated disease but there are many suggestions from veterans on what works for them and why. WMMV but this is a comprehensive book for any stage of diabetes.

In Nov 2011, I was diagnosed with diabetes during my annual physical. I was referred to an endocrinologist. While I was waiting for an appointment date, I did a lot of researching about diabetes. I came across Gretchen's book that told her story. There was a great chapter of guidance if your doctor did not tell you anything. My internal med doctor told me nothing - not even to buy a meter. I read the entire book in less than 24 hours. By the time I had my first endo appointment five weeks later my blood sugar was in the normal range. Nearly two years later I am a diabetic under control because of some of the information in Gretchen's book. I recommend this book to others because it is not only a great book for new diabetics, but also any diabetic. I have purchased many books from , but this one has benefited me the most.

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