



Prediabetes: What You Need to Know to Keep Diabetes Away (Marlowe Diabetes Library)

Gretchen Becker

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An estimated 41 million Americans have the condition identified since 2002 as prediabetes, which, if left unchecked, inevitably will lead to full-blown diabetes. From one of the world's leading diabetes "patient-experts," this first-ever practical guide offers fifty essential, informative ideas and simple steps to help this vast and rapidly growing constituency manage their condition and thereby reduce their chances of developing full-blown diabetes. Prediabetes clearly explains what readers can do today, no matter what their age, and whether or not they have a family history of diabetes, a severe weight problem, or are members of an ethnic group at high risk—including Hispanics, Native Americans, African Americans, and Pacific Islanders. Helpful drawings and graphs are featured throughout in this new, revised edition.



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