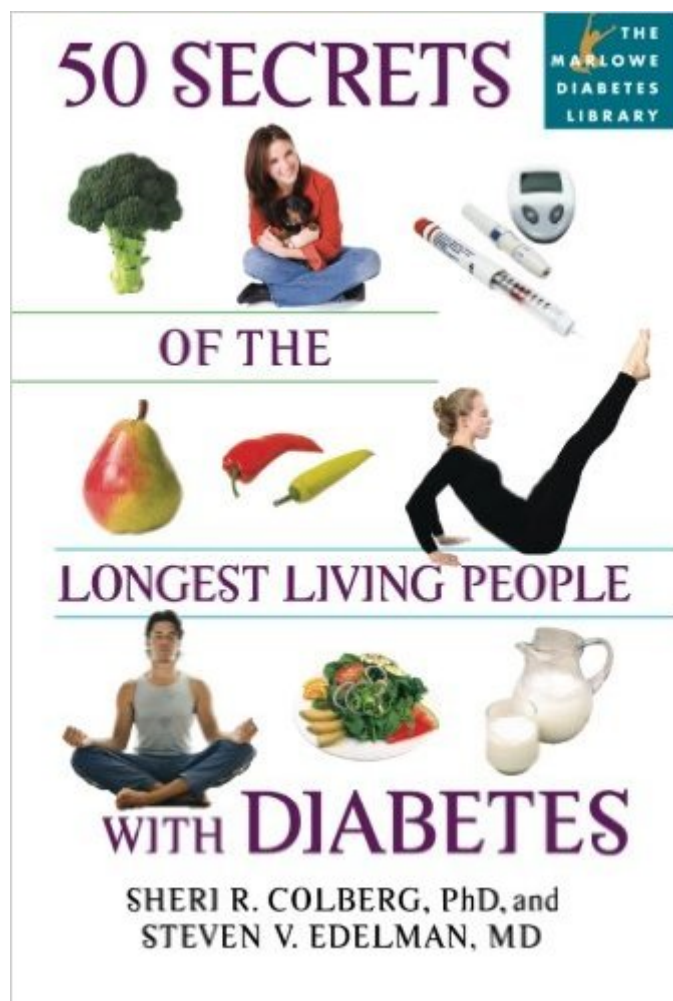


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# 50 Secrets Of The Longest Living People With Diabetes (Marlowe Diabetes Library)



## Synopsis

The latest scientific research confirms that you can live well and long with diabetes without suffering from its more devastating health complications. Whether you have type 1 or type 2 diabetes, you have the ability to improve the quality and length of your life through physical activity, a positive mental outlook, and certain diabetes tools and medications. Now, the longest living people with type 1 and type 2 diabetes share the secrets that have helped them achieve longevity and wellness. From interviews with more than fifty people who have thrived with the condition for as many as 84 years, diabetes authorities Drs. Colberg and Edelman distill their lifelong habits into fifty user-friendly, easy-to-adopt secrets. Featuring profiles of ten people who have each lived an average of 65 years with diabetes and practical advice for incorporating each secret into your daily life, this invaluable resource will inform, inspire, and motivate you to live well—and fully—to 90 and beyond. Find out what some of the secrets are: • Live first and be diabetic second • Know your numbers and assume nothing • Have kids if you want to • Erase your mistakes with exercise No matter what type of diabetes you have, you control the ability to escape serious complications (or control the ones you may have) and add years, if not decades, to your life. •

## Book Information

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## Customer Reviews

As the mother of two young daughters with type 1 diabetes, I've read a lot of websites and books with highly technical medical information about diabetes. It was refreshing to sit down and read a book full of stories. When's the last time you read a book about diabetes that was actually hard to

put down? This is a book like that. One can't help but be encouraged by stories like those of the two brothers, ages 87 and 91, who have had diabetes since early childhood. Both have avoided major complications even though they lived most of their lives in the "dark ages" (pre-glucometers). The 87-year-old brother often rides his bike 20 miles at a time. The book is full of stories like these. Interspersed between the stories of these inspiring diabetic people are the 50 secrets. I'll list ten of them here: 1. Live first and be diabetic second. 2. Control your problems before they control you. 3. Consider being a grazer. 4. Always carry a toothbrush. 5. Erase your mistakes with exercise. 6. Love (and hate) your pump. 7. Involve your family and friends. 8. Have kids if you want to. 9. Understand possible diabetes complications. 10. Respect the power of diabetes. The 50 secrets aren't earth-shaking but there is commentary from these diabetics on all of the secrets and it is motivating and encouraging. The advice is very, very practical. The authors don't shy away from the grim statistics: "just by having diabetes, you already have twice the risk of dying young as someone who is diabetes-free." Some of the 50 people in the book share stories about scary hypoglycemic episodes while driving.

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