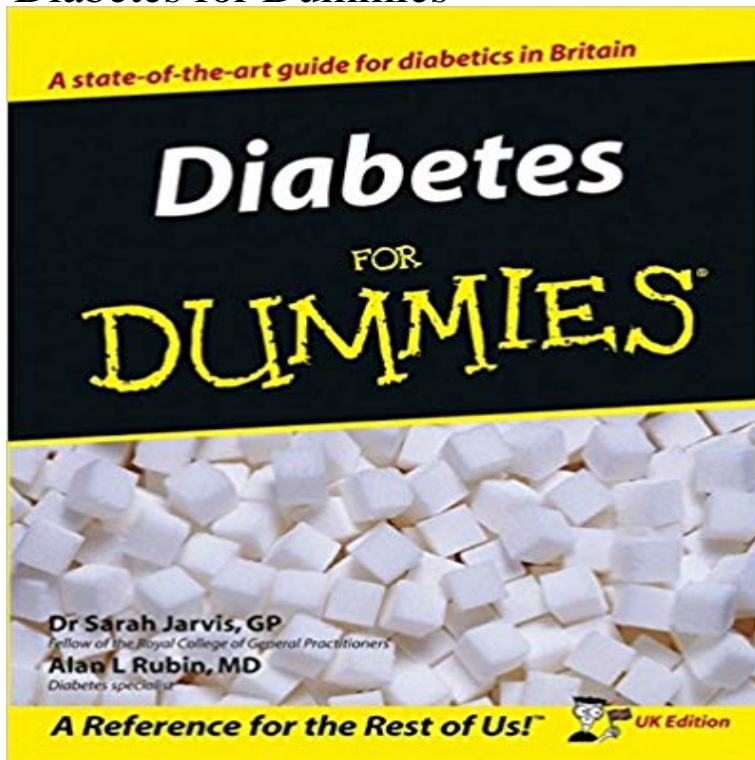


# Diabetes for Dummies



Modern trends in diet, lifestyle and population demographics have made diabetes one of the fastest-growing diseases in the UK. There are 1.4 million people diagnosed with diabetes in the UK but that is set to double by 2010; a further million currently have the disease but have not been diagnosed (source: Diabetes UK). Diabetes is a chronic, lifelong disease. The diabetic must manage their lifestyle very carefully, from the regime of injections and oral medication to the careful monitoring of blood glucose levels. Although many diabetics lead problem-free lives, not every newly-diagnosed person adapts quickly to the reality of living with diabetes. Their doctor cannot always be on hand to advise them, but this book can. Nobody wants to feel that illness has made them a victim, an attitude reflected in the irreverent and humorous approach of this Dummies guide.

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