



Mayo Clinic The Essential Diabetes Book

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More people than ever before have diabetes. The disease affects an estimated 21 million adults and children in the US and many people with the disease don't have it under control. Unlike years ago, you have a good chance of living an active and healthy life with diabetes - provided you work with your health-care team to take the necessary steps to control your blood sugar. This title covers: the pre-diabetes stage - taking charge to prevent diabetes; types of diabetes; symptoms and risk factors; treatments and strategies for managing your blood sugar; avoiding serious complications; advances in insulin delivery and new medications; and, recipes

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Mayo Clinic The Essential Diabetes Book By Mayo Clinic Bibliography

- Sales Rank: #34517 in Books
- Brand: Time Home Entertainment
- Published on: 2014-04-29
- Released on: 2014-04-29
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .75" w x 8.00" l, .0 pounds
- Binding: Paperback
- 224 pages

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Editorial Review

About the Author

Mayo Clinic took root in farm fields near Rochester, Minn., in the late 1800s. It grew from the medical practice of a country doctor, William Worrall Mayo, and the partnership of his two sons, William J. and Charles H. Mayo - affectionately known as Dr. Will and Dr. Charlie.

The brothers' innovative ideas and tireless work in learning and creating new surgical techniques attracted international attention. Physicians from around the world came to watch the Mayo brothers perform surgery.

The Mayo brothers invited other doctors to join them, forming teams of medical experts. Today, Mayo Clinic - one of the world's oldest and largest multispecialty group practices - comprises more than 45,000 physicians, scientists, nurses and other staff at its three locations in Rochester, Minn., Jacksonville, Fla., and Scottsdale, Ariz., and its regional community-based health care practices.

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