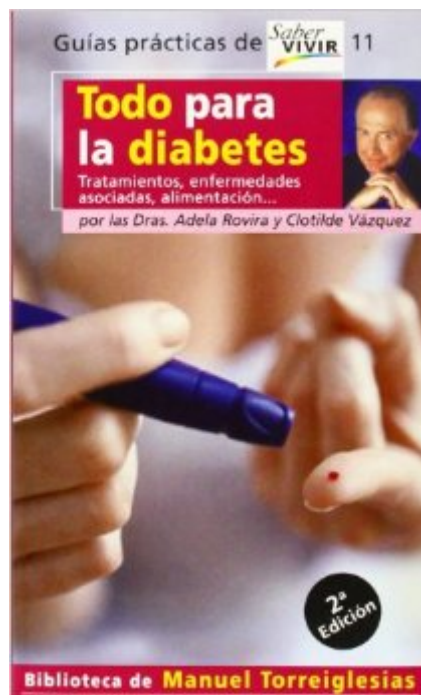


The book was found

Todo Para La Diabetes/ All You Need To Know About Diabetes (Guías Practicas De Saber Vivir) (Spanish Edition)



Synopsis

All you need to know about this illness, including exercise routines and advice on diet. Through the stories of Carlos, a type I diabetic at 10, and Jose, who developed type II diabetes at 60, the authors reconstruct the ins and outs of this illness. A helpful guide to promote a more responsible behavior in the face of this modern epidemic, it also helps undiagnosed sufferers identify the symptoms and start living a healthier life. Description In Spanish: Esta und cima Gu a Pr ctica de Saber Vivir interesa tanto a quien ama su salud, y se la cuida a diario, sea o no diab tico, como a los profesionales de la asistencia sanitaria. En un tono ameno, divulgativo y educativo, pues  sa es la ambici n de esta biblioteca, Adela Rovira y Clotilde V zquez han condensado en cerca de cuatrocientas p ginas lo que todo el mundo deber a saber sobre esta enfermedad del az car en la sangre. Y como la manera de explicarlo, muy sencilla y did ctica, es de f cil comprensi n, tomaremos buena nota de lo que dice Todo para la diabetes para aprend rnoslo muy bien, para llevarlo inmediatamente a la pr ctica, sobre todo las partes de ejercicio y alimentaci n. Sabido es que los h bitos del enfermo diab tico que se cuida son modelos insuperables de salud para toda la poblaci n. Con los relatos de Carlos, diab tico tipo I a los 10 a os, y de Jos , a quien le lleg  la diabetes II a los 60 a os, las autoras arman los entresijos de esta enfermedad, cuyos s ntomas -hace adelgazar, produce hambre, sed insaciable y una gran cantidad de orina- fueron descritos cientos de a os antes de nuestra era. Sin embargo, la situaci n est  empeorando, y en los  ltimos diez a os, s lo en Espa a, han aumentado un 50 por ciento los casos de diabetes tipo II -aparece ya hasta entre adolescentes-. Por esa raz n este libro contribuir  a fomentar una mayor responsabilidad, personal y social, frente a esta, que ya lo es, moderna epidemia. Ya se cuentan tres millones de hogares c

Book Information

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Customer Reviews

I bought this guide for my grandmother when she was first diagnosed with diabetes. It was difficult for us as a family and I think that this helped her and us understand what was happening to her health. I liked that it was in spanish because she was able to read it and it did not have to be translated to her. She could glean the information as she saw fit.

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