



Diabetes 101: A Pure and Simple Guide for People Who Use Insulin, 3rd Edition

Betty Page Brackenridge, Richard O. Dolinar

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Stripped of complicated medical language, *Diabetes 101* is the perfect book if you have been diagnosed with diabetes recently, want to take better control of your life and your diabetes, or know someone with diabetes and want to know more about the disease.


With this fully revised 3rd edition, you can learn:

- Dynamic Insulin Dosing--a step-by-step system that allows you to adjust your own insulin doses
- New insights in stopping or slowing the effects of diabetes
- Tips on using the new fast acting insulin, Humalog
- How different foods impact blood sugar levels
- New advice on getting the healthcare you deserve
- Helpful suggestions for minimizing sick days
- How to exercise safely and enjoy it more

Betty Page Brackenridge, M.S.,R.D.,C.D.E., a diabetes educator and health education consultant, is past president of the American Association of Diabetes Educators.

Richard O. Dolinar, M.D., is an endocrinologist who specializes in diabetes care in Phoenix.

Illustrator P.S. Mueller's cartoons have appeared in major newspapers and magazines, including *Harper's* and *The Utne Reader*.

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