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Prediabetes: Beating The Odds Of Getting Type 2 Diabetes (The Diabetes Leading Edge Series Book 3)

**Prediabetes:
Beating the Odds of
Getting Type 2 Diabetes**

*The Diabetes
Leading Edge Series™*

A Best eWay Publications, Inc. ebook

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Synopsis

Book Description If you've been told that you have the metabolic syndrome or prediabetes, you've made a wise choice in deciding to read this book. It means you're motivated to do something about your situation. As you may know, if you have prediabetes, the odds are you'll develop type 2 diabetes within 10 years. But it doesn't have to happen. You can turn things around—prevent type 2. We'll show you how. You'll need to make some choices, take a good look at your lifestyle, and decide what parts of the way you're living are especially important to you. You'll identify activities you enjoy, and perhaps add some new ones. If you need to find ways to motivate yourself, we can help, and so can your health care team. Turning things around won't be as hard as you may think, and you might even have some fun along the way. Beating the odds—avoiding type 2—will help you ward off the complications: heart attack, stroke, nerve damage, kidney failure, blindness, amputation, and erectile dysfunction. And that's certainly well worth working toward.

Contents Topics • Setting Goals • Three Simple Ways to Measure Your Progress • Know the Enemy—Then Move On • Physical Activity and Exercise • Limited Capacity? • Don't Just Sit! • Walking's Okay; No Need to Run! • Spurring • Health Clubs • Resistance Training • Some Low-Cost and No-Cost Suggestions • Motivation • Money, Money • Fun for Gadgeteers • Music • For the Goal-Oriented Planner • Healthful Eating • Weight-Loss Programs • Tips from the Harvard Website • A Word About Fats • A Word About Carbs and the Glycemic Index • A Word About Fiber • A Word About Fresh and Frozen • A Word About Sweeteners • A Word About Salt • Odds & Ends • Proof of Success: The Diabetes Prevention Program Appendix • Glossary • A Word From the Authors • About the Authors

The Authors Barbara Goodheart, BA, ELS, and Clyde Goodheart, MD, MS, MBA, have been medical writers for more than thirty years. Clyde is the author of a medical textbook and coauthor of another. He has published more than 60 papers in peer-reviewed journals. Clyde brings to this series his experience with patients and his background in research. Barbara has won several awards for her medical writing. She has a background in magazine writing, has written three other books and contributed to an additional six, and is a certified editor in the life sciences (ELS). Many authors of diabetes books have diabetes themselves; Barbara and Clyde do not. They had a daughter who had type 2 diabetes. They share the concerns of the many patients and families afflicted with this life-changing disease, and will do their best to provide the latest and most complete information on diabetes.

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Customer Reviews

I have a general interest in health topics, and in diabetes and related conditions in particular, since I have diabetic relatives on both sides of my family. Although I don't have diabetes or prediabetes, I'd like to do what I can to avoid either condition, hence my interest in this book. Having read this whole book, I think I am probably not part of the intended audience, but I will do what I can to evaluate it, because I definitely think there are going to be some people who will find this book quite useful. I would say the book is appropriate for a general audience. My health insurance company has a wellness program with educational activities built in, and that program seems aimed at a similar type of audience in terms of informational content and language used. I am sure my health insurance company did a lot of research to determine the level at which the majority of their customers were comfortable receiving information, and the authors here have managed to match that. I don't think you have to know much about science or medicine to get something out of this book. Unfamiliar terms are explained in clear detail. What I like: I definitely learned some things. For example, there was a discussion of waist measurement. And this discussion included a bit about *where* the waist is to be measured. There are conflicting answers that can result in different numbers. I also thought

the discussion of exercise tolerance and heredity was interesting.*I thought it was well-written and well-edited. Sentences were clear and grammar, spelling, and punctuation were correct. I was not confused by any of the content. The writing style was mostly formal but still approachable, and with some personal anecdotes thrown in.

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