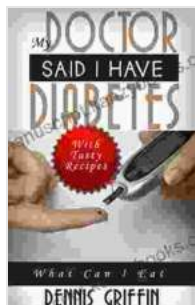


My Doctor Said I Have Diabetes: The Complete Guide to Managing Your Disease and Living a Healthy Life



MyDoctor Said I Have Diabetes: What do I eat?

by Karen George

★★★★☆ 4 out of 5

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If you've been diagnosed with diabetes, you're not alone. Millions of people around the world are living with this condition, and there's no reason why you can't live a full and healthy life too.

My Doctor Said I Have Diabetes is the complete guide to managing your disease and living a healthy life. This book covers everything you need to know about diabetes, from the basics of the disease to the latest treatments and technologies. You'll also find practical advice on how to manage your blood sugar levels, eat a healthy diet, and exercise safely.

What is diabetes?

Diabetes is a chronic disease that affects the way your body uses sugar. When you eat, your body breaks down the food into sugar, which is then used for energy. In people with diabetes, the body either doesn't produce enough insulin or doesn't use insulin well. This causes sugar to build up in the blood, which can lead to serious health problems.

Types of diabetes

There are two main types of diabetes:

- **Type 1 diabetes** is an autoimmune disease that occurs when the body's immune system attacks and destroys the cells in the pancreas that make insulin. This type of diabetes is usually diagnosed in children and young adults.
- **Type 2 diabetes** is the most common type of diabetes. It occurs when the body doesn't produce enough insulin or doesn't use insulin well. This type of diabetes is usually diagnosed in adults.

Symptoms of diabetes

The symptoms of diabetes can vary depending on the type of diabetes you have. Some common symptoms include:

- Increased thirst
- Frequent urination
- Unexplained weight loss
- Increased hunger

- Blurred vision
- Fatigue

How is diabetes diagnosed?

Diabetes is diagnosed with a blood test. The test measures the amount of sugar in your blood. If your blood sugar levels are higher than normal, you may have diabetes.

Treatment for diabetes

There is no cure for diabetes, but it can be managed. Treatment for diabetes includes:

- **Insulin therapy** is used to lower blood sugar levels. Insulin is a hormone that helps the body use sugar for energy.
- **Oral medications** can also be used to lower blood sugar levels. These medications work by increasing the body's production of insulin or by helping the body use insulin more effectively.
- **Diet and exercise** are important parts of diabetes management. Eating a healthy diet and getting regular exercise can help you control your blood sugar levels.

Living with diabetes

If you have diabetes, it's important to manage your disease carefully. By following your doctor's instructions and making healthy lifestyle choices, you can live a full and healthy life.

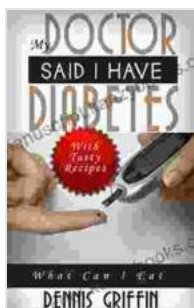
Here are some tips for living with diabetes:

- **Monitor your blood sugar levels regularly. This will help you to keep track of your blood sugar levels and make sure that they are within a healthy range.**
- **Take your medications as prescribed by your doctor. This will help to control your blood sugar levels and prevent complications.**
- **Eat a healthy diet. Eating a healthy diet will help you to maintain a healthy weight and control your blood sugar levels.**
- **Get regular exercise. Exercise can help you to lower your blood sugar levels and improve your overall health.**
- **Learn about diabetes. The more you know about diabetes, the better you will be able to manage your disease.**

If you have any questions about diabetes, talk to your doctor or diabetes educator.

Additional resources

- American Diabetes Association
- Centers for Disease Control and Prevention
- National Institute of Diabetes and Digestive and Kidney Diseases



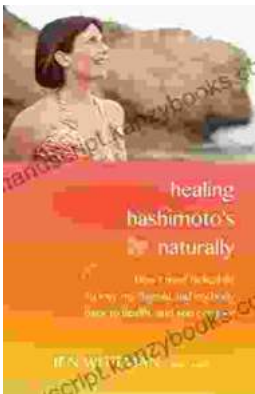
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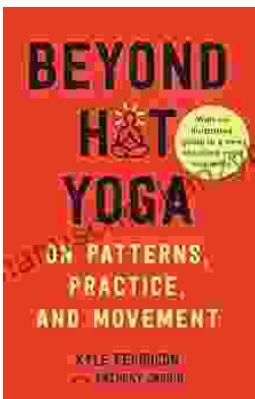
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