



My Diabetes Organizer: The Essential Planner and Record-Keeper for People with type 2 Diabetes

Gina Barbetta MS RD CDE CD-N, Valerie Rossi

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Packed with charts, guides, and advice, this complete health management system helps to organize and simplify the lives of people with diabetes. A diagnosis of type 2 diabetes means a lifetime of monitoring both diet and blood sugar, and with the planning tools in this handbook, patients can keep track of test results, contact information, and medication records. The organizer features 12-month check-up charts, envelopes and pockets for bills and business cards, and a 30-day journal to get readers into the routine of daily care. By looking beyond bare facts and providing real goals for living with type 2 diabetes, this book serves as a constant companion for vital self-care.

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