



# The World Of Diabetes: Reduce Your Risk For Type 2 Diabetes

*Yaman Katlabia, Scott Walker*

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Have you or someone you love has just been diagnosed with diabetes or still in prediabetes stage and you are trying to understand the disease and how to take care of it. You may also have heard that diabetes can cause blindness, nerve damage, or kidney failure, and you may be fearful that this could happen to you or to any one of your family or friends. Well this is the right book to read and understand the world of this serious disease. This book will teach you that these complications can occur if the diabetes is untreated or poorly controlled, but with good care all of these complications can be prevented. Healthy eating, being active, medicine, and tracking your blood sugar are the 4 cornerstones of diabetes care. Managing diabetes may feel like a huge task, but if you know how to control it and follow this book information and educate yourself, it will be an easy and you will avoid too much pain.

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