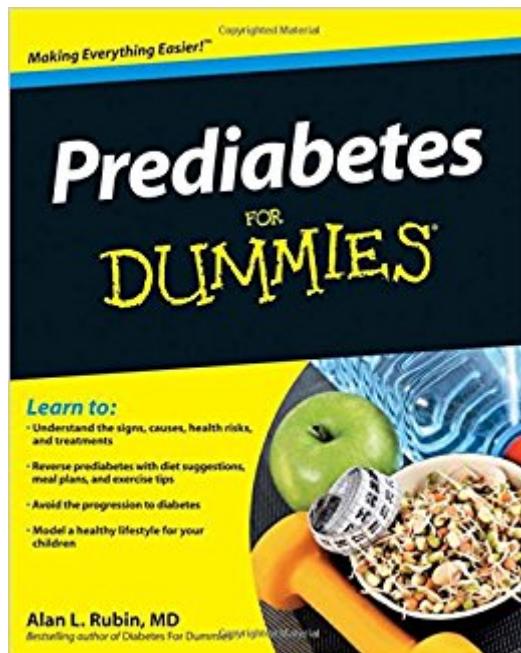


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Prediabetes For Dummies



Synopsis

Accessible information on the causes, health risks, and treatment of prediabetes If you or someone you love has been diagnosed with prediabetes â€“ a heightened level of glucose, and/or impaired glucose tolerance - the time to act is now. *Prediabetes For Dummies* examines the signs and symptoms of this potential precursor to diabetes and offers up-to-date information about treatment. It provides clear, practical advice on steps you can take to minimize the risk of serious health consequences. This plain-English guide shows you how to stop prediabetes in its tracks and prevent it from progressing to diabetes. You'll learn how to recognize the symptoms of this often-undiagnosed condition, and what to do if you think you may be prediabetic. You'll also discover how simple lifestyle changes, such as changes in your diet and moderate exercise, can put the brakes on prediabetes and even reverse the condition. Offers clear explanations of prediabetes causes, health risks, and treatment Includes the latest advances in the use of diabetes medications to treat prediabetes Provides diet suggestions, meal plans, and exercise tips Contains helpful suggestions for friends and family members who want to support a loved one with prediabetes While there is no cure for diabetes, it can be prevented if prediabetes is diagnosed and treated early. Packed with valuable information for patients of all ages, *Prediabetes For Dummies* is an important resource for taking control of this dangerous condition.

Book Information

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Customer Reviews

The tools you need to stop prediabetes in its tracks An estimated 60 million people in the United States have prediabetes, a condition that, if not addressed, can lead to serious long-term health

problems. *Prediabetes For Dummies* gives you a look at the signs of this precursor to diabetes and offers up-to-date and easy-to-understand information about how it can be treated and reversed. Battling an unhealthy lifestyle — information on identifying problem foods, facing your weight, the risks of being sedentary, and the impact of stress Getting a diagnosis — clear coverage of the tests you'll need to secure a diagnosis and how to interpret results Avoiding or reversing prediabetes — practical tips on how to stay away from problem foods, change your eating habits, and exercise daily Realizing the dangers of moving toward diabetes — facts on the short- and long-term consequences of diabetes, including how it affects sexual health and pregnancy Considering weight-loss surgery — trusted advice on bariatric surgery and what it can (and can't) do for you Seeing a healthier you in three months — an easy-to-follow, week-by-week plan to confront prediabetes Understanding the prediabetes epidemic — a practical overview of the origins and threats of prediabetes, the people it affects, and its devastating toll on the lives of children and adults, our healthcare system, and our nation Open the book and find: Whether you're at risk for prediabetes Food ingredients to avoid Tips for shopping for food Detailed instructions on starting a simple exercise plan Special considerations for children and the elderly When to consider surgery for an obese child Coverage of gestational diabetes Ten staples to keep in the kitchen Online resources for additional information and support Go to Dummies.com® for videos, step-by-step photos, how-to-articles, or to shop! ▶

Alan L. Rubin, MD, is one of the nation's foremost authorities on prediabetes and diabetes. He is the author of *Diabetes For Dummies*, *Diabetes Cookbook For Dummies*, *Type 1 Diabetes For Dummies*, and *Thyroid For Dummies*.

I guess I was hoping for a little bit more with this book, although it's a very good starting point for people who have been diagnoses as having prediabetes and their families. In this case, it's my husband with the diagnosis, but I wanted a better understanding of what's going on in his body and how I can help. Certainly Dr. Rubin does a good job of laying out just how prediabetes impacts the body, and even holds out hope that people who take the right steps can avoid going into full-fledged diabetes or perhaps improve their physical condition to a point where they're handling glucose correctly. I also particularly liked his 90-day plan for how prediabetics can turn their lives around through a combination of diet and exercise; I've even started using some of his weightlifting routine in my own workouts. There are a few parts of the book that bother me, though. In many chapters, he offers special recommendations for young people and seniors, even though I'm sure the vast

majority of his readers are neither. He takes on sugar-free soda without really justifying his opposition to it. Dr. Rubin also seems to be a bit more casual about weight-loss surgery than I would surely be, although he does point out the risks and side-effects involved. And, I really wish he had included at least a few more recipes and additional hints on cooking for someone to cut down on carbohydrates and sugar -- although I understand he has another book out for that. Obviously, this is a topic I'll keep on researching, and I'm grateful we have an appointment scheduled with a dietitian. It's definitely a starting place, but it's not going to tell you all you need to know.

Good information for someone who does not understand risks, etc. I was looking for something more clinical.

Helped to answer a lot of questions and help to make things easier to understand to see what needed to be asked yet for our health care.

Like all Dummie books it has some humor in with facts. This makes it easy to read. And recipes are easy to follow.

This is a great book. Many good and practical tips. This book has changed my life.

the title says it all, this book explains all the information about prediabetes and offers useful tips for reversing the effects as well as medical information

I believe this to be a great advisor for those diagnosed with pre-diabetes. I purchased it for my brother who was recently diagnosed, so he wouldn't end up like me with diabetes II. It's very informative. The book was in great shape just as the seller had indicated, and I was impressed with how quickly it arrived.

this was a big help

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