

# Diabetes & You

## Learn To Live Well With Diabetes

(NAPSA)—There could be good news for the nearly 17 million Americans who have diabetes and the 16 million who have pre-diabetes—a condition in which blood glucose levels are higher than normal but not yet high enough to be diagnosed as diabetes.

The experts at the American Diabetes Association have come up with a compilation of their 10 best-selling “101 Tips” series of books. Called “1,001 Tips for Living Well with Diabetes,” the new book provides head-to-toe coverage for managing diabetes and answers the most frequently asked questions of diabetes patients.

Often diabetes goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

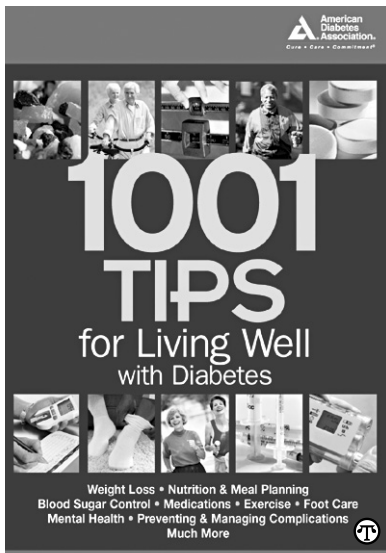
Diabetes symptoms can include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

If you have one or more of these diabetes symptoms, you should see your doctor right away.

You may also care to get the new book, which offers advice and suggestions to make living with diabetes easier, to stay healthy and to fend off complications before they start. This book covers everything from aging well to depression and stress in order to avoid common age-related complications. Readers will find tips for:

- Eating healthy to lose weight and keep diabetes in check while still enjoying the foods they love.
- Preventing common diabetes



**What many consider all of the world's best advice for excellent diabetes care has been rolled into one comprehensive volume.**

complications such as kidney disease, heart disease and eye disease.

- Improving blood sugar in order to avoid dangerous highs and lows.

- Avoiding potentially lethal drug interactions as well as understanding the side effects.

- Caring for their feet to prevent athlete's foot, ulcers and amputation.

The American Diabetes Association is the nation's leading voluntary health organization supporting diabetes research, information and advocacy. Founded in 1940, the Association provides services to communities across the country. Its mission is to prevent and cure diabetes and to improve the lives of people with diabetes.

“1,001 Tips for Living Well with Diabetes” is available at amazon.com and bookstores nationwide.