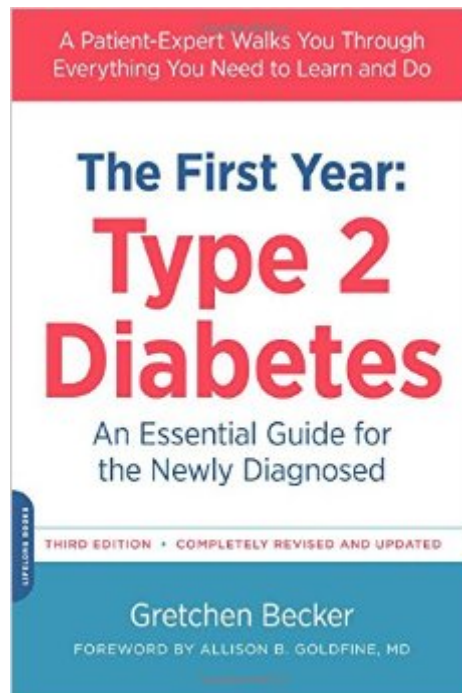


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# The First Year: Type 2 Diabetes: An Essential Guide For The Newly Diagnosed (The Complete First Year)



## Synopsis

The go-to step-by-step guide that walks you through the first days, weeks, and months of your diagnosis; fully revised and updated Gretchen Becker was diagnosed with type 2 diabetes in 1996; over the past twenty years, she has educated herself on every aspect of the condition by reading medical texts and journals, talking with doctors, and corresponding with others who have type 2, sharing everything she's learned in a comprehensive, easy-to-use guide. Now in its third edition, *The First Year: Type 2 Diabetes* takes you through everything you need to learn and do in your first year with diabetes, offering the most up-to-date information on new medications and supplements. In clear and accessible language, Becker covers a wide range of practical, medical, and lifestyle issues, including:

- Coming to terms with your diagnosis
- Choosing the diet that's best for you
- The role of exercise in diabetes management
- Daily blood glucose testing routines
- Insurance issues
- Getting support
- And much more

## Book Information

Series: The Complete First Year

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (306 customer reviews)

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## Customer Reviews

I have been diagnosed with "pre-diabetes" and being "insulin-resistant" (IR) for the last 3 years. HOW I WISH MY PHYSICIANS (2 OF THEM!) HAD EXPLAINED \*THOROUGHLY\* WHAT THIS MEANT. I might have been more motivated to take more control over my diet and exercise thus MAYBE preventing the development of Type 2 diabetes. And, "take control" is exactly what Gretchen Becker helps the reader do. The underlying sub-text of the book is YOU are the head of a team (of doctors and other health professionals) -- What you do very much controls the extent of

complications from this disease 10 or more years down the road. With the information gleaned from the book, I self-referred myself to an endocrinologist (going to the ADA website to find an approved physician). Having/Taking control YOURSELF gives HOPE and provides a focus for the energy you have when diagnosed -- you really DO have options and decisions to act upon. All is NOT lost -- in fact, there is much to be gained!! I am absolutely astounded at the ignorance of many Primary Care Physicians on the necessity of educating their patients FULLY as to their "pre-diabetic" condition. Too often, it's "your sugar's a bit high," prescribe a diet and recommend exercise. In no way do they take their own prescription seriously enough to let the patient know the path that will be followed should their recommendations fall on deaf ears. My father had been given this advice -- was put on Glucophage & a diet. His sugar went down to "normal" levels (I think -- since he doesn't know what "normal" is -- it might just have been low enough to be removed from the medication.) The point is, he thinks he doesn't have diabetes anymore. From this book, I know different. A "touch" of diabetes is like having a "touch" of pregnancy!

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