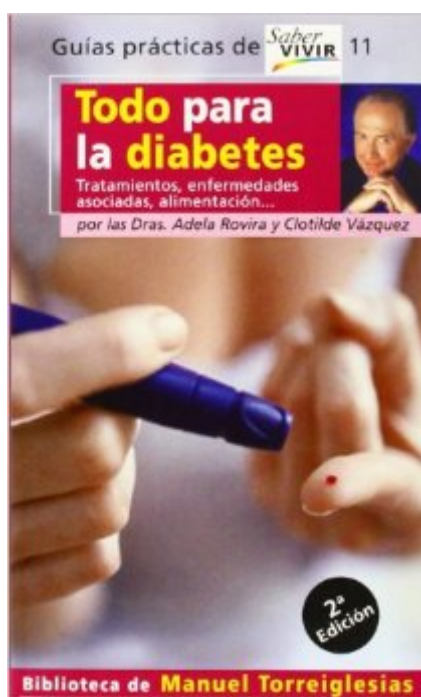


The book was found

Todo Para La Diabetes/ All You Need To Know About Diabetes (Guías Practicas De Saber Vivir) (Spanish Edition)



Synopsis

All you need to know about this illness, including exercise routines and advice on diet. Through the stories of Carlos, a type I diabetic at 10, and Jose, who developed type II diabetes at 60, the authors reconstruct the ins and outs of this illness. A helpful guide to promote a more responsible behavior in the face of this modern epidemic, it also helps undiagnosed sufferers identify the symptoms and start living a healthier life. Description In Spanish: Esta undÃ©cima GuÃ­a PrÃ¡ctica de Saber Vivir interesa tanto a quien ama su salud, y se la cuida a diario, sea o no diabÃ©tico, como a los profesionales de la asistencia sanitaria. En un tono ameno, divulgativo y educativo, pues Ã©sa es la ambiciÃ³n de esta biblioteca, Adela Rovira y Clotilde VÃ¡zquez han condensado en cerca de cuatrocientas pÃ¡ginas lo que todo el mundo deberÃ­a saber sobre esta enfermedad del azÃºcar en la sangre. Y como la manera de explicarlo, muy sencilla y didÃ¡ctica, es de fÃ¡cil comprensiÃ³n, tomaremos buena nota de lo que dice Todo para la diabetes para aprendÃ©rnoslo muy bien, para llevarlo inmediatamente a la prÃ¡ctica, sobre todo las partes de ejercicio y alimentaciÃ³n. Sabido es que los hÃ¡bitos del enfermo diabÃ©tico que se cuida son modelos insuperables de salud para toda la poblaciÃ³n. Con los relatos de Carlos, diabÃ©tico tipo I a los 10 aÃ±os, y de JosÃ©, a quien le llegÃ³ la diabetes II a los 60 aÃ±os, las autoras arman los entresijos de esta enfermedad, cuyos sÃ­ntomas -hace adelgazar, produce hambre, sed insaciable y una gran cantidad de orina- fueron descritos cientos de aÃ±os antes de nuestra era. Sin embargo, la situaciÃ³n estÃ¡ empeorando, y en los Ãºltimos diez aÃ±os, sÃ³lo en EspaÃ±a, han aumentado un 50 por ciento los casos de diabetes tipo II -aparece ya hasta entre adolescentes-. Por esa razÃ³n este libro contribuirÃ¡ a fomentar una mayor responsabilidad, personal y social, frente a esta, que ya lo es, moderna epidemia. Ya se cuentan tres millones de hogares c

Book Information

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Customer Reviews

I bought this guide for my grandmother when she was first diagnosed with diabetes. It was difficult for us as a family and I think that this helped her and us understand what was happening to her health. I liked that it was in spanish because she was able to read it and it did not have to be translated to her. She could glean the information as she saw fit.

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