



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

*Gretchen Becker, Allison B. Goldfine*

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Diabetes is one of the fastest growing diseases in the world; the American Diabetes Association reports that 1.7 million new diagnoses are made each year. After her own diagnosis, Gretchen Becker became a "patient-expert," educating herself on every aspect of type 2 diabetes and eventually compiling everything she had learned into this step-by-step guidebook for others. Now in its third edition, *The First Year: Type 2 Diabetes* takes you through everything you need to know and do in your first year with diabetes. In clear and accessible language, Becker covers a wide range of practical, medical, and lifestyle issues, from coming to terms with your diagnosis to diet and exercise, testing routines, insurance issues, and the most up-to-date information on new medications and supplements.



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