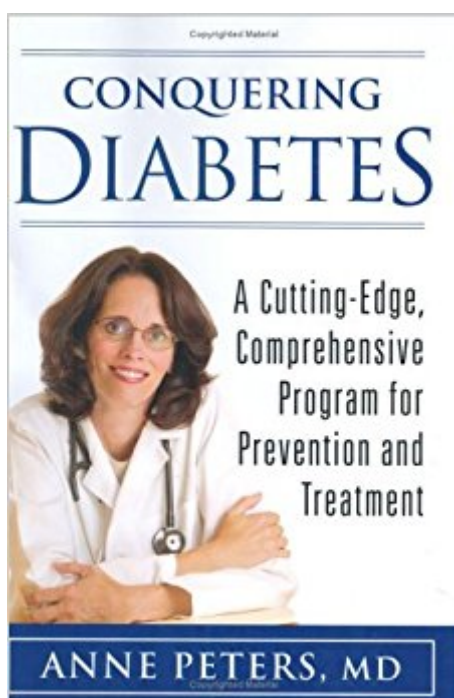


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# Conquering Diabetes: A Cutting-Edge, Comprehensive Program For Prevention And Treatment



## Synopsis

The definitive guide to identifying and treating diabetes and prediabetes by a world-renowned pioneer in diabetes treatment and management. Diabetes has struck Americans in epidemic proportions, and its complications- which are entirely preventable-can be devastating. As a result, the majority of the 60 million Americans afflicted with prediabetes or diabetes are confused, frightened, and are often receiving sub-par treatment from well-intentioned doctors who simply don't have the experience with the disease to give patients the care they desperately need. This book, written by a world-renowned pioneer in diabetes treatment who has already written the textbook on the topic for physicians, is a cutting-edge, comprehensive program to reverse prediabetes and to treat both types of diabetes, including: what foods to eat/avoid, which medications help/hurt, and how to get the best treatment from your doctor. As one of the top twenty physicians treating diabetes in America, director of the USC Clinical Diabetes Programs, and the physician currently in charge of developing the nation's largest outreach program for community-based diabetes prevention and treatment, Dr. Anne Peters treats a spectrum of patients, from Hollywood producers, writers, and stars who frequent her clinic in Beverly Hills to the poor who populate her free clinic in East L.A. Authoritative and reassuring, *Conquering Diabetes* will arm readers and their physicians with the latest findings on the diabetes epidemic, helping them to confront the disease effectively and exponentially increase their quality of life.

## Book Information

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## Customer Reviews

Although Peters admits that diabetes can now be "tamed but it cannot be cured," there are many

approaches diabetics can take to manage the disease. Of paramount importance, according to the author, director of the USC Clinical Diabetes Programs, is locating a knowledgeable doctor; she urges readers to shop around and find a good team including, if possible, an endocrinologist, a diabetic educator and a nutritionist. She also urges readers to become their own experts, familiarizing themselves with treatments and the available options. She walks readers through the pros and cons of various medications; clearly explains Type 1, 2 and gestational diabetes; gives details on insulin injection; and stresses the value of diet and exercise, both in preventing and living with diabetes. Knowing family history is also crucial, and getting tested early and often can facilitate early diagnosis, helping those at risk prevent such serious complications as blindness, kidney failure or heart disease. Though diabetes is a serious, life-encompassing disease, Peters reveals that diabetics have the power to alter the course of its development (case histories from her patients shore up her positive attitude). This book is an excellent first-step resource for diabetics and pre-diabetics alike. Agent, Jim Levine. (On sale Apr. 7)

Dr. Anne L. Peters is a nationally and internationally respected diabetologist, one of [bestdoctors.com's "Best Doctors in America"](#) and one of the top twenty physicians treating diabetes in the country. She is professor of medicine and director of the USC Clinical Diabetes Programs, which receives referrals from all over the world. Dr. Peters' research has been published in leading medical journals including JAMA, Annals of Internal Medicine, the American Journal of Medicine, and Diabetes Care, and she has been quoted in, among others, the Los Angeles Times, Wall Street Journal, and the New York Times. The former chairperson of the American Diabetes Association Council on Health Care Delivery and Public Health, Dr. Peters speaks nationally and has appeared on Dateline, CNN, E.R., and the Discovery Channel, among others.

I am a physician who frequently treats patients with diabetes. Among the many popular and professional books I've read on diabetes, this is perhaps the best. It is written to be understood by anyone with highschool education, yet is extremely informative--I even learned a number of things from it! I would strongly encourage anyone with diabetes to read it--and plan to stock it in my clinic. Dr. Peters--you have done a great service with this book.

This is an exceptional book for everyone who has a family history of diabetes, who is at high risk for developing diabetes or who has recently been diagnosed with diabetes. The chapters discussing pre-diabetes was very enlightening and should be read carefully. Behavior change resulting in a

healthy lifestyle is the goal of this book. Dr. Peters writes in a very clear and understandable style. It is the best book I have read on Diabetes.

It has a lot of learning about diabetes. I have been a diabetic for 16 years takes a lot out of a person but you must keep at it.

great book

This is a very helpful book, especially if you are newly diagnosed as prediabetic or diabetic. It answers questions you don't know to ask. Helps you make a plan for living the rest of your life without suffering. Don't get depressed and ignore the diagnosis. Don't think it's the end of your life as you know it.

High sugar level could lead to fatigue and infections. And, apparently, high levels, at least for prediabetes, begins with Glucose of 100 or more. 200 - bingo! You have diabetes. The body mass index table on page 51 is an eye-opening bit of information. Drop 15 pounds and you will be better! Getting to chart values will require a concentrated effort. Then, there is diet and exercise... Read it yourself. My particular interest in this book is that the author states diet and exercise can prevent type 2 diabetes. The connection cited between stress and pre-diabetes was truly frightening. And the drugs suggested to prevent and/or treat prediabetes/diabetes do, indeed, require the pill police. I consider this an informative read worthy of your consideration.

The author of this book is certainly the most knowledgeable person you could find to write such a work. Dr. Anne Peters is one of the top twenty physicians treating diabetes in America. Her work stretches from shore to shore in our country, and her experience is unmatched in this area. I could tell immediately that this doctor had a true concern for those who are battling diabetes; it is evident in her every word and shines through the pages. In her work she shares some of the causes, stories of those who are winning over this enemy and some of those who have lost. She shares with us treatments being used, unwise things people do, and hope for the future with research. We learn what foods to eat, what to avoid. Which medications will help and which will hurt and also the questions and concerns we should be sharing with our doctor to better our treatment program. Many do not fully understand the danger that their disease puts them in until it is too late. This book covers just about any topic you need to know, and it is done in an easy to understand, sensible

way. I recommend this book for all those who are faced with diabetes, or are helping someone they love deal with the disease. It is a work that is brimming with useful information and hope from a doctor who cares and knows her business. That is quite comforting and reassuring.

This book covered a number of questions that I had concerning diabetes. .and coping with a family member that has it..as well as changing some of our life style habit & eating practices!!

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