



Preventing Type 2 Diabetes: Beyond Diet and Exercise

Dr. Gabriel Hilkovitz

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Dispelling the notion that diabetes is just “too much sugar,” this handbook examines the metabolic syndrome (pre-diabetes), lists appropriate diagnostic tests, and describes medications for multiple interrelated conditions. Accompanied by narratives throughout to enhance the understanding of the text, this reference details factors such as the difference between type 1 and type 2 diabetes, the five major symptoms, common complications associated with the disease, risk factors, and preventive measures. Written with the layperson in mind, this primer will also serve as a useful reference for the medical community.

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