



**THE REAL-LIFE GUIDE TO DIABETES:
Practical Answers To Your Diabetes Problems**
Written by Hope Warshaw, MMSc, RD, CDE, BC-ADM
and Joy Pape, RN, BSN, CDE, WOCN, CFCN
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MANAGING DIABETES IN TODAY'S HECTIC WORLD

New Book By Leading Diabetes Educators Helps Readers Integrate Diabetes Care With Responsibilities Of Daily Life

For people with diabetes, learning how to control and live with the disease is a challenge; it is often impossible to do everything that “should” be done to take care of oneself. Where can people with diabetes turn for *real* advice about managing diabetes? **THE REAL-LIFE GUIDE TO DIABETES: Practical Answers To Your Diabetes Problems** by Hope S. Warshaw and Joy Pape is the first book that addresses the tightrope that people with diabetes walk everyday.

Everybody wants to take care of themselves, but sometimes they just aren't able to make optimal choices for their diabetes care. “It is a day-to-day balancing act between making the behavior changes necessary to stay healthy and accomplishing the long to-do lists of daily life,” write Warshaw and Pape. “There will be days when managing diabetes will be more center stage, and days where your other commitments will not allow you to be as on-track with your self-care plan.” Nationally recognized diabetes educators, each with over thirty years of experience, Warshaw and Pape offer tips, tricks, and tools to help one live

better with diabetes by setting realistic and practical self-care goals while managing the other aspects of one's life—work, family, time constraints, financial concerns, other medical conditions, and more. These are real answers for real people—not the one-size-fits-all rules found in other diabetes books.

Fully illustrated in four-color and filled with charts, drawings, and photographs, **THE REAL LIFE GUIDE TO DIABETES** not only covers general background information about diabetes and basic self-care, but each chapter also includes:

- **Myths and Facts** which dispel common misconceptions about diabetes, for example, What really causes diabetes complications: insulin or chronic high blood glucose?,
- **Tips and Tactics** which offer practical pointers to make diabetes self-care doable, such as ways to make checking blood glucose less painful,
- **Psst!** which shares the inside scoop to make self-care easier, such as how to lose weight and keep those pounds off for good,
- **Red Flag** outlining warning signs for dangerous lifestyle behaviors and symptoms, for instance, why controlling blood pressure is so important for preventing all diabetes complications,
- **By The Numbers** which gives statistics to put content into perspective, for example a breakdown of the ADA recommended ranges of blood glucose levels before and after meals, and
- **Checklists** to simplify tracking the regular tests and exams necessary for preventing and detecting diabetes complications.

Chapters also include key resources so readers can find more information on related health issues as well as where to connect with others who have diabetes. With updates on the latest research, answers to frequently-asked questions, and definitions of diabetes-related terms, readers will discover how to fit managing diabetes into their lives.

“To successfully manage diabetes, people need to partner with their health care providers and use all the currently available management tools available,” write Warshaw and Pape.

They recognize that life doesn't always proceed as desired, no matter how thorough and fine-tuned one's self-care plan is. That's why they've dedicated an entire section of the book to address what to do when life gets off schedule. From tips for adapting to unexpected changes in one's schedule to advice on how to be prepared for emergency situations, **THE REAL-LIFE GUIDE TO DIABETES** helps readers prepare for daily ups and downs, and addresses such issues as:

- How to manage food, physical activity, and medication while on vacation,
- Ways to recognize and treat the symptoms of high and low blood glucose levels before it interferes with everyday activities,
- How to improve quality of sleep to improve blood glucose, blood pressure, and more,
- How to identify aspects of a management plan that may be affecting one's sex life as well as various treatment options for diabetes-related sexual problems,
- How to enjoy alcohol safely and healthfully, and the possible benefits of moderate alcohol consumption, and
- How to find the best health coverage if uninsured or underinsured, as well as tips on how to find deals on diabetes supplies.

Diabetes adds to the complexities of everyday life in many ways, and takes effort, energy, and determination to manage. **THE REAL-LIFE GUIDE TO DIABETES** will help readers develop individualized and practical self-care plans that will mesh well with their lives.

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ABOUT THE AUTHORS

Hope Warshaw, MMSc, RD, CDE, BC-ADM, is a nationally recognized dietitian and certified diabetes educator. Hope has counseled thousands of people on making realistic

lifestyle changes to improve their diabetes control and health. She is currently a contributing editor for *Diabetic Living* and has authored numerous books published by the American Diabetes Association, including *Diabetes Meal Planning Made Easy*, *Guide To Healthy Restaurant Eating*, and *Complete Guide To Carb Counting*.

Joy Pape, RN, BSN, CDE, WOCN, CFCN, is a nationally recognized nurse, certified diabetes educator and certified foot care nurse. Her mission and passion stems from her personal and strong family history of diabetes. Joy brings a wealth of knowledge with her real-life experiences as well as over thirty years of professional experience with people in most every health care setting from home health to intensive care units.

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The American Diabetes Association is leading the fight against the deadly consequences of diabetes and fighting for those affected by diabetes. The Association funds research to prevent, cure, and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, our mission is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. For more information, please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.org. Information from both these sources is available in English and Spanish.

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THE REAL-LIFE GUIDE TO DIABETES is available at <http://store.diabetes.org>, at bookstores nationwide, or by calling 1-800-ADA-6733 (1-800-232-6733).