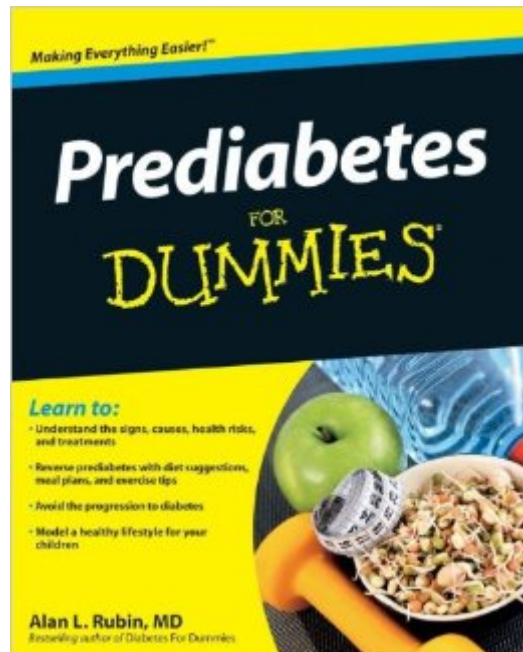


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# Prediabetes For Dummies



## Synopsis

Accessible information on the causes, health risks, and treatment of prediabetes If you or someone you love has been diagnosed with prediabetes – a heightened level of glucose, and/or impaired glucose tolerance - the time to act is now. Prediabetes For Dummies examines the signs and symptoms of this potential precursor to diabetes and offers up-to-date information about treatment. It provides clear, practical advice on steps you can take to minimize the risk of serious health consequences. This plain-English guide shows you how to stop prediabetes in its tracks and prevent it from progressing to diabetes. You'll learn how to recognize the symptoms of this often-undiagnosed condition, and what to do if you think you may be prediabetic. You'll also discover how simple lifestyle changes, such as changes in your diet and moderate exercise, can put the brakes on prediabetes and even reverse the condition. Offers clear explanations of prediabetes causes, health risks, and treatment Includes the latest advances in the use of diabetes medications to treat prediabetes Provides diet suggestions, meal plans, and exercise tips Contains helpful suggestions for friends and family members who want to support a loved one with prediabetes While there is no cure for diabetes, it can be prevented if prediabetes is diagnosed and treated early. Packed with valuable information for patients of all ages, Prediabetes For Dummies is an important resource for taking control of this dangerous condition.

## Book Information

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## Customer Reviews

Dr. Rubin has done it again. In diabetes for Dummies he taught us how to manage the most common form of diabetes, type 2 diabetes. In diabetes Cookbook for Dummies he showed us we

could eat great food despite having diabetes. In *Type 1 Diabetes for Dummies* he explained the form of diabetes that usually begins in childhood. Now he tells us how to avoid diabetes altogether. Nothing appears to be left out. He explains how to identify prediabetes. He tells us how to eat and exercise to prevent or reverse the condition. He explains the consequences if we permit prediabetes to develop into diabetes. Despite the seriousness of the topic, Dr. Rubin manages to keep it light as he has done in all his other books. It is highly unlikely that you will find a better book on this subject.

This *For Dummies* edition, like other *For Dummies* books, is plainly written and clearly presented. The prediabetic reader begins to understand diabetes and what indications to watch for. It thoroughly discusses foods beneficial as well as those harmful, and offers hope and assurance that if one controls weight and diet, and exercises, there is light at the end of the tunnel and diabetes does not have to happen. That is, as long as a person remains vigilant in these areas. So, those considered obese or couch potatoes, beware!

I think this book is very useful. I sat in a bookstore skimming many, many books before I decided this one was the best for the information I needed. I recommend this book for anyone that wants to prevent diabetes.

While searching for more information about how to eat in order to avoid developing diabetes, I thought this book might do the trick. It did. More than mere fluff and generalizations, this book helped me understand the proper way to eat - the combinations to adopt and why they work - in order to prevent developing diabetes. The balance of exercise and balanced eating became clear and the suggestions and recipes were easy to understand and incorporate into my daily living. I am a great cook, so I wanted to learn the basics of life and food choices more than having recipes and daily food plans to follow. This book enabled that.

Excellent book for anyone who was diagnosed with prediabetes and don't know which way to turn in regards on how to avoid getting this disease. It shows you step by step on everything that you should know about how to avoid getting this disease. It also goes more indept as the change in life style that is needed, as well as, reversing prediabetes. I would highly recommend this book.

This book was quite easy to read yet covered all the details in their entirety. Given the foreboding subject matter the material was presented in an upbeat manner that will spur any reader to make

the necessary changes in daily life.

This book is barely readable. The author tries to be funny, but it comes off poorly. The first several chapters are all about the odds of getting prediabetes given certain variables. That's a waste of words because who is going to read this book if they haven't already been diagnosed with the condition? Also, he uses old or incomplete information. For example, he uses a completely simplistic calculation for body mass index (BMI) that doesn't take into account anything other than height and weight. Do the slightest bit of research (and use a little common sense), and you'll find that other factors (frame, muscle mass, wrist measurement, etc.) should be taken into account. A broad-shouldered 5'10" 175 pound man does NOT have the same BMI as a narrow-shouldered man of the same height and weight. I've read other books in the "for Dummies" line; this one doesn't measure up.

I guess I was hoping for a little bit more with this book, although it's a very good starting point for people who have been diagnosed as having prediabetes and their families. In this case, it's my husband with the diagnosis, but I wanted a better understanding of what's going on in his body and how I can help. Certainly Dr. Rubin does a good job of laying out just how prediabetes impacts the body, and even holds out hope that people who take the right steps can avoid going into full-fledged diabetes or perhaps improve their physical condition to a point where they're handling glucose correctly. I also particularly liked his 90-day plan for how prediabetics can turn their lives around through a combination of diet and exercise; I've even started using some of his weightlifting routine in my own workouts. There are a few parts of the book that bother me, though. In many chapters, he offers special recommendations for young people and seniors, even though I'm sure the vast majority of his readers are neither. He takes on sugar-free soda without really justifying his opposition to it. Dr. Rubin also seems to be a bit more casual about weight-loss surgery than I would surely be, although he does point out the risks and side-effects involved. And, I really wish he had included at least a few more recipes and additional hints on cooking for someone to cut down on carbohydrates and sugar -- although I understand he has another book out for that. Obviously, this is a topic I'll keep on researching, and I'm grateful we have an appointment scheduled with a dietitian. It's definitely a starting place, but it's not going to tell you all you need to know.

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The Insulin Resistance Diet Plan & Cookbook: Lose

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