

HEALTH &
WELLNESS
SERIES



COMPLETE DIABETES GUIDE

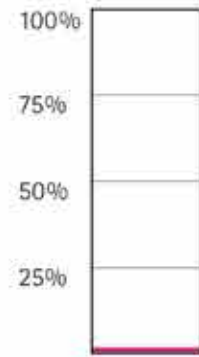
SECOND EDITION

Advice for Managing Type 2 Diabetes



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These portions provide less than one percent of your % Daily Value.

Very Low Sodium Foods

These portions each provide 0–24 mg sodium. This is less than one percent of your daily needs (less than 1% Daily Value). On labels, “sodium free” or “salt free” foods will have less than 5 mg of sodium per serving size shown.



- 1. Fresh or canned fruit
- 2. Dried fruit
- 3. Fruit juice or applesauce
- 4. Fresh vegetables, raw or cooked
- 5. Canned or frozen unsalted vegetables

- 6. Garlic, onions, herbs, spices, pepper and no salt-spice blends
- 7. “No Salt” is high in potassium – ask your doctor if it is safe for you to use (it can interact with some medications)

- 8. Grains and starches with no salt added (including wheat, pasta, couscous, rice, oats, flour, popcorn, etc.)
- 9. Dried beans and lentils
- 10. Nuts and seeds
- 11. Unsalted peanut butter and nut butters
- 12. Unsalted meat, 1 ounce

- 13. Oils and unsalted butter or margarine
- 14. Water, tea and coffee
- 15. Jams, sweeteners and plain candies
- 16. Condiments such as cocoa, flavorings or vinegar
- 17. Beer, wine and alcohol (not mixed drinks)

Choose unprocessed food

The vast majority of unprocessed (natural) food is very low in sodium. This includes fresh and dried grains and starches, vegetables and fruits, dried beans and lentils, unsalted nuts and seeds, and unsalted fats. It also includes most frozen or canned vegetables and fruits with no salt added. Meats have some natural sodium, but in 1 ounce (30 g) portions are very low sodium foods.

Talk to your doctor or physiotherapist about back exercises.

If a health professional treats you for a back injury, please follow the exercises that he or she recommends.

Lift carefully



Ten tips for a healthy back

1. **Do simple back exercises.** Exercises help keep your back strong allowing you to stay active. See page 245.
2. **A daily walk.** This helps strengthen the muscles that support your back. If you lose some extra weight around your waist, even 5–10 lbs (2.5–4.5 kg), this can help relieve pressure off your back.
3. **Stand and sit tall.** When you walk, keep your back straight and chin up, relax your shoulders, and tighten your stomach muscles. This helps maintain good posture. Sitting posture is also important. If you work at a computer, look straight ahead at the screen, not up or down. Keep your knees level with or slightly higher than your hips. Your elbows should be at a 45° angle from your body. To relieve back strain take short breaks (walk or move around or do the two back exercises).
4. **Use a support, if needed, when walking.** Using a walker, walking stick, cane, or Nordic walking poles (see page 225) reduces the weight on your back. Also, lean on a shopping cart while walking in a mall or store. As your back gets stronger, you may no longer need support.
5. **Take the pressure off your back while standing.** Slightly bend your knees or rest one foot up on a small step.
6. **Avoid arching backwards.** Also, when doing exercises while lying or sitting, always keep the knees bent or slightly bent. And, don't raise both legs at one time.
7. **Lift carefully.** Before lifting, place your feet at shoulder width. Bend your knees, keep your back straight and hold the object close to your body as you lift it. Don't twist your back. Use a push cart or wheelbarrow to move heavy things. Get help as needed.
8. **Lower back massage.** Ask a friend or family member to gently massage your back, or go to a licensed massage therapist.
9. **Good sleeping position.** If you like to sleep on your back, place a pillow under your knees. If you like to sleep on your side, lie with your knees bent with a pillow between them. This helps reduce twisting of your back. A good mattress also helps.
10. **Take pain pills as prescribed.** Use appropriate pain pills. Plan your exercise for the time of day that you feel your best.

Back exercises



Do these exercises daily or several times a week.

Pelvic Tilt – stretches your back:

- Lie on the floor or on a hard mattress. Lie on your back with your knees bent.
- Keep your feet flat on the floor and your arms at your sides.
- Tighten your tummy to press your lower back against the floor (or bed). Hold 5 seconds, then relax.
- Repeat five to ten times.

The Bridge – strengthens your back:

Start in the same position as the Pelvic Tilt.

- Part your knees slightly.
- Slowly lift your hips upwards so your weight is on your feet and shoulder blades. Even lifting just an inch or two is beneficial.
- Keep your stomach tight and your abdomen in line with your thighs. Hold for five seconds and return to the starting position. Relax.
- Repeat five to ten times.

INTRODUCTION

Straight answers to common diabetes questions

LEARNING ABOUT DIABETES

Types of diabetes

What is type 2 diabetes?

Symptoms of type 2 diabetes

Risks for type 2 diabetes

DIABETES COMPLICATIONS

How high blood sugar harms blood vessels

How high blood sugar harms nerves

Heart attack and stroke

Foot and lower leg infections

Kidney damage

Eye problems

Other complications

7 STEPS TO PREVENT OR REDUCE DIABETES COMPLICATIONS

I. EATING WELL

Karen Graham's Hands-on Food Guide

Top Ten Nutrition Topics

1. How to lose weight and keep it off

2. Carbohydrates and your blood sugar

3. Food labels

4. Light desserts and sweeteners

5. Reducing sodium

6. Lowering cholesterol levels

7. Herbs and vitamins

8. Alcohol

9. What to eat when ill

10. How to gain weight

Seven Day Meal Plan with Recipes

4 Breakfasts

4 Lunches

7 Dinners

Snacks

Eat This – Not That

2. BEING ACTIVE

A prescription for exercise

Getting started

Ten benefits of regular exercise

Low-impact aerobic exercise

Staying flexible

Strengthening exercises

A fitness plan for you

Precautions

3. BECOMING A NON-SMOKER

Why you should stop smoking

Ten steps to stop smoking

4. PREVENTING INFECTIONS

Keeping your feet healthy

Good skin care

Ten tips for mouth care

Avoiding urinary tract infections (UTIs)

Preventing a flu, cold or food poisoning

5. TAKING MEDICATIONS AND TESTS

Appointments with health care providers

Pills and insulin

Low blood sugar

Regular laboratory tests

Testing your own blood sugar

6. STAYING UPBEAT

Coping with stress

Coping with depression

7. MANAGING AT OTHER LIFE STAGES

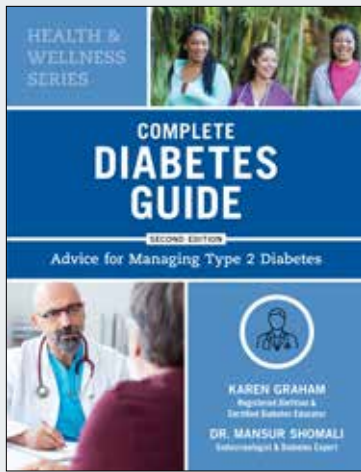
Preschoolers to teenagers

Pregnancy and gestational diabetes

Sexuality and diabetes

Diabetes Glossary

Index



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COMPLETE DIABETES GUIDE

Advice for Managing Type 2 Diabetes

An essential resource for anyone diagnosed with or at risk of developing diabetes.

Recent CDC reports indicate that over 30 million Americans have diabetes and another 84 million have prediabetes. This new edition of one of the most highly respected resources on the subject offers new content based on the latest medical expertise on diabetes from a Registered Dietitian and Certified Diabetes Educator, cowritten with an MD and diabetes expert.

The Complete Diabetes Guide features essential information on underlying causes, clinical features, and effective management options and treatments along with personalized meal plans and lifestyle recommendations. This is a vital resource for anyone who has been diagnosed with diabetes or who is at risk of developing it.

The book offers an accessible approach and tons of information. A "Learning About Diabetes" section includes risks, symptoms and complications while a section on "Taking Medication and Tests" covers everything from low blood sugar, testing your own blood sugar to preparing for regular laboratory tests. A 7-Deal Meal Plan takes the guesswork out of a week's worth of healthy eating and a "Hands-on Food Guide" offers nutrition tips along with activity and fitness plan recommendations.

- Includes 7-Deal Meal Plan and "Hands-on Food Guide" with nutrition tips along with activity and fitness plan recommendations.
- According to the CDC (2017), 30.3 million Americans (i.e. 9.4% of the population) have diabetes and another 84.1 million have prediabetes.
- Karen Graham is a Registered Dietitian and Certified Diabetes Educator. Her Diabetes series is market-leading and has sold 250,000 copies across all titles and editions.

MARKETING & PUBLICITY

Robert Rose will launch a highly targeted marketing and publicity campaign across North American platforms.

- National and regional print and online marketing & publicity campaign;
- Blogger and reviewer campaign targeting all health sites;
- Social media outreach including all publisher platforms and channels;
- Exploring select author appearances.