



La guía de Buena Salud sobre la diabetes y tu vida (Buena Salud Guides)

Jane L. Delgado

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Esta invaluable guía incluye los casos de personas con diabetes y explica todo lo que los lectores deben saber acerca del trastorno que ha afectado vidas en la mayoría de las familias hispanas:

- los factores que contribuyen al surgimiento de la diabetes y formas de prevenirla
- los tipos de diabetes y su cambiante definición
- opciones de tratamiento, entre ellas medicamentos y cambios de estilo de vida y dieta
- el programa de 10 puntos de la Dra. Delgado para evitar y controlar la diabetes
- una guía de consulta rápida con datos, términos y pruebas de diagnóstico para la diabetes
- preguntas clave para tu proveedor de servicios de salud
- herramientas para ayudarte a tomar las riendas de tu salud
- dónde obtener información fidedigna por Internet, tanto en inglés como español, y más

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