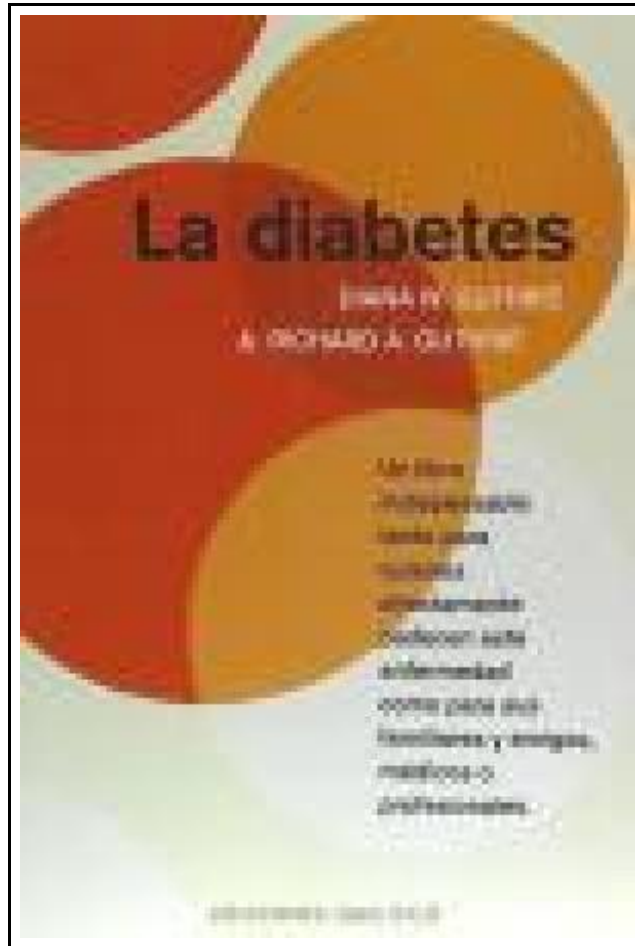


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Reviews

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Ediciones Obelisco, 2002. Book Condition: New. Un libro indispensable tanto para quienes directamente padecen esta enfermedad como para sus familiares y amigos, médicos o profesionales La diabetes (Diabetes mellitus) es una enfermedad o grupo de enfermedades que afectan de modo muy notable a la calidad de vida de cuantos la padecen. Por este motivo este libro es, por encima de todo, eminentemente práctico. Manteniendo en todo momento el rigor científico, los autores, dos prestigiosos y conocidísimos expertos en el tema, exponen de modo diáfano las cuestiones más relevantes: - Qué es exactamente la diabetes y qué tipos existen - Cuáles son sus causas y cuáles los posibles tratamientos - Posibles medicaciones que existen hoy en el mercado y sus resultados - Planificación de comidas - Sistemas de administración de la insulina - Beneficios y precauciones del ejercicio físico - Guía básica de alimentación para diabéticos - Análisis para el control de la diabetes - Qué debe evitarse y cómo actuar ante posibles complicaciones - Métodos prácticos de autocuidado y autogestión para el control diario Todo ello acompañado por un glosario de términos, un cuestionario alimentario para el control y una extensa información alimentaria con raciones dietéticas recomendadas, mantenimiento del peso razonable, valores nutritivos, niveles metabólicos de actividades diarias, etc.



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