



*balance into their lives. Whether adult or child, type 1 or type 2, spouse or caregiver, male or female, people in the diabetes world will find themselves in this book and be inspired by the commonality of that continuing search for balance.*

*A down-to-earth insider's guide to a healthy pregnancy with diabetes Thinking about having a baby but worried about your type 1 or type 2 diabetes? There is a reason for concern: uncontrolled diabetes can lead to health complications for both women and their children. But keeping a tight rein on your blood sugars before and during pregnancy can help reduce if not eliminate the risks. Balancing Pregnancy with Pre-Existing Diabetes explains exactly how to have the healthiest pregnancy possible while balancing the rigors of insulin, diet, exercise, and blood sugar control that are the foundation of diabetes management. Author Cheryl Alkon has lived with type 1 diabetes for more than 30 years, and brings a wealth of understanding to the subject. Including the insights of more than 50 women with diabetes and leading medical experts, as well as the latest scientific research, Balancing Pregnancy with Pre-Existing Diabetes covers: Finding the right doctor Pre-pregnancy planning The first, second, and third trimesters Labor and delivery Managing your health needs with those of your child Infertility and pregnancy loss With this myth-busting resource, you'll be armed with the essential information, hope, and inspiration you need for a healthy pregnancy.*

*Bittersweet*

*Managing the Psychological and Emotional Challenges of Diabetes Types 1 and 2*

*Mayo Clinic Strategies To Reduce Burnout*

*What to Do when Type 1 Diabetes is Getting Too Much and You Feel Like Things are Slipping*

*Live Your Life with Diabetes, Instead of Letting Diabetes Live Your Life*

*How to Recharge and Get Back on Track When You Feel Frustrated and Overwhelmed Living with Diabetes*

*A Survival Guide for Parents*

Written by two successful and down-to-earth women living with diabetes, A Woman's Guide to Diabetes offers frank discussions about the unique issues that women with all types of diabetes face, both personally and with family and friends. New topics are introduced and explored through the personal journeys and experiences of Brandy Barnes and Natalie Strand, who were both diagnosed with diabetes during their teenage years. Topics include mental and physical wellness, the role of hormones at different stages and events in a woman's life, sexuality, relationships, exercise and athleticism, travel, and careers. A Woman's Guide to Diabetes offers an open, honest, and complete resource to help women with diabetes understand their unique experiences and opportunities.

*The Diabetes 2-Month Turnaround*

*Healing From a Life of Diabulimia*

*Sugar Happy*

*Balancing Diabetes*

A book for children and families living with Type 1 diabetes