

## Yale Diabetes Pocket Guide

Throughout the world, our waistbands are getting wider and we are paying a dear price: poor health and quality of life. Because of the connection between obesity and diabetes, the number of people with diabetes is expected to double by 2030. Information about diet and exercise can be so confusing for people and the suggestions too laborious and unrealistic. The 1 Thing Diet, written by a leading authority in the fields of obesity and diabetes, embraces the reader through its simplicity and light-hearted style. The book strives to give the basics about nutrition, exercise, and behavior, while giving simple suggestions for making one lifestyle change in any of these areas. One lifestyle change truly can lead to weight loss and any amount of weight loss can lead to better health. Read the many inspiring stories of the real-life 1 Thing Dieters! Savoye-DeSantis outstanding book skillfully embraces the at-risk, overweight population and offers a practical, first-line intervention. In addition to adults, this book would benefit overweight teenagers as the appearance of type 2 diabetes in teens is only the tip of the iceberg of the medical problems obese adolescents will face when they become young adults. Dr.

William V. Tamborlane, Editor-in-Chief, The Yale Guide to Childrens Nutrition

“An interactive and empowering book” to help African American men and women create a new vision of better health and navigate the health care system (BET.com). According to the federal Office of Minority Health, African Americans “are affected by serious diseases and health conditions at far greater rates than other Americans.” In fact, African Americans suffer an estimated 85,000 excess deaths every year from diseases we know how to prevent: heart disease, stroke, cancer, high blood pressure, and diabetes. In this important and accessible book, Dr. Michelle Gourdine provides African Americans with the knowledge and guidance they need to take charge of their wellbeing. Reclaiming Our Health begins with an overview of the primary health concerns facing African Americans and explains who is at greatest risk of illness. Expanding on her career and life experiences as an African American physician, Dr. Gourdine presents key insights into the ways African American culture shapes health choices—how beliefs, traditions, and values can influence eating choices, exercise habits, and even the decision to seek medical attention. She translates extensive research into practical information and presents readers with concrete steps for achieving a healthier lifestyle, as well as strategies for navigating the health-care system. This interactive guide with illustrations is a vital resource for every African American on how to live a healthier and more empowered life, and an indispensable handbook for health-care providers, policy makers, and others working to close the health gap among people of color. Says Gourdine, “I wrote this book to empower our community to solve our own health problems and save our own lives.”

Currently, available information on pediatric and adolescent diabetes is limited to chapters in larger books covering the broader topic of pediatric endocrinology, and these do not have the space to delve into specific topics. This concise, timely book contains everything that a practicing provider needs to know in order to provide comprehensive, up-to-date care for children and adolescents with diabetes, from the latest methods for diagnosing various types of diabetes to integrating cutting-edge technology in the care of this patient population. Initial management, the use of insulin pumps, continuous glucose monitoring, and automated insulin delivery are discussed in detail, as are nutrition therapy, exercise, psychosocial challenges, acute and long-term complications, and future directions for treatment and research. Further, this book provides clinicians with guidelines for the implementation of best practices as outlined by leading associations such as the American Diabetes Association (ADA) and International Society of Pediatric and Adolescent Diabetes (ISPAD). The Yale Children’s Diabetes Program has been ranked among the best in the United States, including clinicians and researchers who are world-renowned for their efforts in improving the care of children with diabetes. This wealth of knowledge and experience positions the author team well as experts in this field.

"Principles of Diabetes Mellitus, Second Edition" is an important update to the comprehensive textbook first published in 2002 and reissued in 2004. It is written for physicians of all specialties who, on a daily basis, deal with an illness which has reached epidemic proportions. The book is also intended for medical students and investigators of all aspects of diabetes. The last five years have witnessed major developments in our understanding of diabetes and in therapeutic approaches to this disease. Thus, in addition to updating all chapters, the authors added eight new chapters to the second edition.

"Principles of Diabetes Mellitus, Second Edition" covers diabetes in all of its aspects – genetics, epidemiology, pathophysiology, clinical manifestations, therapy and prevention.

Living Thin Naturally

The Complete Guide to Achieving Normal Blood Sugars

Life Without Diabetes

Highs & Lows of Type 1 Diabetes

Your Simple Guide to Reversing Type 2 Diabetes

The Scientifically Proven System for Reversing Diabetes without Drugs

My Diabetes Organizer

THE US EDITION OF THE INTERNATIONAL BESTSELLER A momentous medical breakthrough --a scientifically proven program for managing and reversing Type 2 Diabetes at any stage of health. The fastest growing disease in the world,

Type 2 diabetes has long been regarded as an incurable, lifelong condition that becomes progressively worse over time, resulting in pain, loss of vision, amputation, and even premature death. But there is hope. For more than four decades, Dr. Roy Taylor has been studying the causes of diabetes. In 2017, he had a breakthrough: he found scientific proof that Type 2 diabetes is not only reversible, but that anyone following a simple regimen can prevent and cure it. Dr. Taylor’s research shows that Type 2 diabetes is caused by too much fat in the liver and pancreas, which interferes with both organs’ normal functioning. By losing less than 1 gram of fat, the liver and organ can begin to perform as they were designed to once again--thus beginning the reversal process. The most efficient way to shed fat from the liver and pancreas is to lose weight as quickly as possible. Life Without Diabetes makes it easy for people to cut back on their daily calorie intake and avoid the two big problems of dieting--hunger and choice--and lose up to 35 pounds in just eight weeks. Thanks to Dr. Taylor, we can now fundamentally change how we treat and prevent this debilitating and all-too-common disease forever.

Explains what your body is "thinking" and tells you why your genes actually want you to be fat, and that by deactivating these "killer genes," you can reprogram your body for the health, life, looks, and longevity you desire. Reprint. "Packed with information that is useful on a daily basis. This book will be useful for all who care for children with disabilities or chronic disease." --Journal of Parenteral and Enteral Nutrition Food and nutrition studies are more relevant to the practice of medicine than ever before. As scientific understanding of these links has expanded over the last decade, the need for an authoritative reference has never been greater. This fully revised and updated edition of PEDIATRIC AND ADULT NUTRITION IN CHRONIC DISEASES, DEVELOPMENTAL DISABILITIES, AND HEREDITARY METABOLIC DISORDERS offers a comprehensive reference to the nutritional interventions for diseases across the lifespan.

Comprising more than 60 topic-based chapters from leading figures in nutrition and medicine, this book is the most up-to-date work on diet as a symptom of, and therapy for, chronic, hereditary, and developmental disorders. Enriched with tables and charts that distill the latest recommendations for nutrient intake, physical activity, this third edition is a convenient and essential resource for busy clinicians and students in nutrition, dietetics, and medical specialties.

Originally published in 1997, DR. BERNSTEIN’S DIABETES SOLUTION is a unique resource that covers both adult- and childhood-onset diabetes, explains step-by-step how to normalize blood sugar levels and prevent or reverse complications, and offers detailed guidelines for establishing a treatment plan. Readers will find fifty gourmet recipes, in addition to a comprehensive discussion of diet, obesity, and new drugs to curb carbohydrate craving and overeating.

Now in its fourth edition, the book presents up-to-the-minute information on insulin resistance, blood-testing devices, measuring blood sugar, new types of insulin, gastroparesis and other issues, as well as updated diet guidelines. DR.

BERNSTEIN’S DIABETES SOLUTION is the one book every diabetic must own.

It Doesn’t Get Any Simpler... . Straight-Forward Information That Can Change Your Life

The Essential Planner and Record-Keeper for People with Type 2 Diabetes

Your Heart

A Guide to Diagnosis and Management

Turn Off the Genes That Are Killing You and Your Waistline

Diabetes in Children and Adolescents

Type 1 Diabetes

Diabetes in Children and AdolescentsA Guide to Diagnosis and ManagementSpringer Nature

Who gets diabetes and why? An in-depth examination of diabetes in the context of race, public health, class, and heredity Who is considered most at risk for diabetes, and why? In this thorough, engaging book, historian Arleen Tuchman examines and critiques how these questions have been answered by both the public and medical communities for over a century in the United States. Beginning in the late nineteenth century, Tuchman describes how at different times Jews, middle-class whites, American Indians, African Americans, and Hispanic Americans have been labeled most at risk for developing diabetes, and that such claims have reflected and perpetuated troubling assumptions about race, ethnicity, and class. She describes how diabetes underwent a mid-century transformation in the public’s eye from being a disease of wealth and "civilization" to one of poverty and "primitive" populations. In tracing this cultural history, Tuchman argues that shifting understandings of diabetes reveal just as much about scientific and medical beliefs as they do about the cultural, racial, and economic milieus of their time.

How to Make the Best Choices About Your Health Finally, a bookabout diabetes that you’ll actually want to read! This helpful andhighly readable guide explains everything you need to know to getyou through the teen years. Straightforward and current, thisone-of-a-kind book tackles the issues and answers the questions youmay face, including: \* Is it time for me to handle more of my diabetes care? \* What can I do about mood changes? \* What about junk food or fast food? \* When should I tell my boyfriend or girlfriend about mydiabetes? \* Does diabetes affect my sexuality? \* How do I choose, talk to, and negotiate with my medicalteam? "Practical, meaningful, and highly enjoyable. There are not manybooks out there for teenagers with diabetes. In Control fills a gapand really meets that need." --JoAnn Ahern, RN, MSN, CDE PediatricDiabetes Clinical Nurse Specialist, Yale University \* Books to Funda Cure \* A portion of this book’s proceeds will go to the JuvenileDiabetes Foundation International, a not-for-profit voluntaryhealth agency, whose primary objective is to support and fundresearch to find the cause, cure, treatment, and prevention ofdiabetes and its complications. Juvenile Diabetes FoundationLibrary Illustrator P.S. Mueller’s cartoons appear in more than 30major city weekly newspapers throughout the country and in suchmagazines as Harper’s, Health, The Esquire Gentleman, Hippocrates, and The Utne Reader.

Nearly 10 million people in the United States have been told by their doctor that they have prediabetes, with tens of millions more estimated to have prediabetes and not know it. In fact, the latest numbers from the CDC suggest that nearly 1 in 3 adults currently have either prediabetes or diabetes. These are alarming numbers, and finding out that you are that one out of three can be even more alarming. Shock, denial, and confusion are not uncommon reactions. But there is a flipside to learning you have prediabetes. It’s scary, but it also means you’ve caught the condition just in time, before it’s too late. Prediabetes does not mean you will develop diabetes. There are actions you can take to improve your health. Prediabetes: A Complete Guide, will reveal to you in detail what these actions are and empower you to find the healthy eating and lifestyle changes that work best for you to help you achieve your health goals. Written by Jill Weisenberger, a registered dietitian nutritionist, certified diabetes educator, certified health and wellness coach, and author of the American Diabetes Association bestselling book, Diabetes Weight Loss—Week by Week, this comprehensive guide will lead you through dozens of concrete steps you can take to reduce the risk of developing type 2 diabetes and other lifestyle-related chronic diseases. Taking an individualized approach to your lifestyle "reset," this book will allow you to choose your own path to wellness, help you gain a greater sense of wellbeing, boost your confidence in your abilities to maintain a healthful lifestyle, and potentially even help you reverse prediabetes and avoid type 2 diabetes and other chronic illnesses. You ’ ll be feeling better than you have in years! Inside, you will learn to: Identify your risks for developing type 2 diabetes Set personalized and meaningful behavioral goals Identify and build on your motivation for a lifestyle reset Create positive new habits Change eating habits for weight loss and greater insulin sensitivity Choose wholesome foods in the supermarket and when away from home Tweak your favorite recipes Reduce sedentary time Start or improve upon an exercise plan Reduce emotional eating Organize and track your progress with tools included in the book Much more Prediabetes can be scary, but it’s also a huge opportunity—An opportunity to "reset," to improve your health, and to get yourself in better shape than ever. Let Prediabetes: A Complete Guide show you how.

A Pocket Guide to Clinical Midwifery

Clinical Management of Cardiovascular Risk Factors in Diabetes

Stop Hurting and Start Living Today!

An American National Bibliography

Principles of Diabetes Mellitus

Making Weight Control Second Nature

Race, Science, and the Genetics of Inequality

***“The Sunday Times Bestseller”*** ***In this pocket version of his bestselling Life Without Diabetes, Professor Roy Taylor offers a brilliantly concise explanation of what happens to us when we get type 2 and how we can escape it. Taylor’s research has demonstrated that type 2 is caused by just one factor - too much internal fat in the liver and pancreas - and that to reverse it you need to strip this harmful internal fat out with rapid weight loss. In simple, accessible language, Taylor takes you through the three steps of his clinically proven Newcastle weight loss plan and shows how to incorporate the programme into your life. Complete with FAQs and inspirational tips from his trial participants, this is an essential read for anyone who has been given a diagnosis of type 2 diabetes or pre-diabetes and wants to understand their condition and transform their outcomes.***

***How to Make the Best Choices About Your Health Finally, a book about diabetes that you’ll actually want to read! This helpful and highly readable guide explains everything you need to know to get you through the teen years. Straightforward and current, this one-of-a-kind book tackles the issues and answers the questions you may face, including: \* Is it time for me to handle more of my diabetes care? \* What can I do about mood changes? \* What about junk food or fast food? \* When should I tell my boyfriend or girlfriend about my diabetes? \* Does diabetes affect my sexuality? \* How do I choose, talk to, and negotiate with my medical team? "Practical, meaningful, and highly enjoyable. There are not many books out there for teenagers with diabetes. In Control fills a gap and really meets that need." --JoAnn Ahern, RN, MSN, CDE Pediatric Diabetes Clinical Nurse Specialist, Yale University \* Books to Fund a Cure \* A portion of this book’s proceeds will go to the Juvenile Diabetes Foundation International, a not-for-profit voluntary health agency, whose primary objective is to support and fund research to find the cause, cure, treatment, and prevention of diabetes and its complications. Juvenile Diabetes Foundation Library Illustrator P.S. Mueller’s cartoons appear in more than 30 major city weekly newspapers throughout the country and in such magazines as Harper’s, Health, The Esquire Gentleman, Hippocrates, and The Utne Reader.***

***An instant New York Times bestseller, named a best book of the year by The New York Times Book Review, Amazon, and Entertainment Weekly, among others, this celebrated account of a young African-American man who escaped Newark, NJ, to attend Yale, but still faced the dangers of the streets when he returned is, “nuanced and shattering” (People) and “mesmeric” (The New York Times Book Review). When author Jeff Hobbs arrived at Yale University, he became fast friends with the man who would be his college roommate for four years, Robert Peace. Robert’s life was rough from the beginning in the crime-ridden streets of Newark in the 1980s, with his father in jail and his mother earning less than \$15,000 a year. But Robert was a brilliant student, and it was supposed to get easier when he was accepted to Yale, where he studied molecular biochemistry and biophysics. But it didn’t get easier. Robert carried with him the difficult dual nature of his existence, trying to fit in at Yale, and at home on breaks. A compelling and honest portrait of Robert’s relationships—with his struggling mother, with his incarcerated father, with his teachers and friends—The Short and Tragic Life of Robert Peace encompasses the most enduring conflicts in America: race, class, drugs, community, imprisonment, education, family, friendship, and love. It’s about the collision of two fiercely insular worlds—the ivy-covered campus of Yale University and the slums of Newark, New Jersey, and the difficulty of going from one to the other and then back again. It’s about trying to live a decent life in America. But most all this “fresh, compelling” (The Washington Post) story is about the tragic life of one singular brilliant young man. His end, a violent one, is heartbreaking and powerful and “a haunting American tragedy for our times” (Entertainment Weekly).***

***The third edition of the Complete Nurse’s Guide to Diabetes Care is a comprehensive resource for all nurses who work with diabetes patients. Inside, readers will find expert advice on: The evolution of the nurse’s roles in diabetes care and education Recent research on complications and associated diseases Practical issues, such as the effects of anxiety, depression, and polypharmacy Updated guidelines for nutrition therapy and physical activity How diabetes affects women, children, and the elderly An extensive resources section featuring contact information for useful organizations and essential patient care The Complete Nurses Guide to Diabetes Care, 3rd Edition, gives nurses the tools they need to give quality care to the person with diabetes.***

***Your Lifestyle Reset to Stop Prediabetes and Other Chronic Illnesses***

***The Woman’s Heart***

***Flat Belly Diet! Pocket Guide***

***Critical Care Notes Clinical Pocket Guide***

***Introducing the EASIEST, BUDGET-MAXIMIZING Eating Plan Yet***

***The Nine Keys to Peak Health***

***Goodman’s Basic Medical Endocrinology***

This book provides the reader with comprehensive information on the interactions between diabetes and a wide range of comorbid conditions and on disease management in such patients. It has the aim of empowering health care providers in their daily battle against the disease and its consequences. Diabetes has been identified by WHO and the United Nations as a medical emergency because of the increase in its global prevalence, which may reach one billion in three to four decades if the trend remains unchanged. Despite improved care that is helping to prolong life, diabetes impacts substantially on the quality of life of those affected and kills or disables several million people each year. The disease is systemic because all organs, tissues, and cells suffer in the presence of hyperglycemia and are damaged by the diabetc milieu. Unfortunately, most patients with diabetes will consequently experience chronic diabetic complications. This book will be of value for all physicians and nurses who care for patients with diabetes and face the challenge of treating hyperglycemia and related acute and chronic complications.

Tackle diabetes and its complications for good with this newly updated edition of Dr. Neal Barnard’s groundbreaking program. Revised and updated, this latest edition of Dr. Barnard ’ s groundbreaking book features a new preface, updates to diagnostic and monitoring standards, recent research studies, and fresh success stories of people who have eliminated their diabetes by following this life-changing plan. Before Dr. Barnard ’ s scientific breakthrough, most health professionals believed that once you developed diabetes, you were stuck with it—and could anticipate one health issue after another, from worsening eyesight and nerve symptoms to heart and kidney problems. But this simply is not true—Dr. Barnard has shown that it is often possible to improve insulin sensitivity and tackle type 2 diabetes by following his step-by-step plan, which includes a healthful vegan diet with plenty of recipes to get started, an exercise guide, advice about taking supplements and tracking progress, and troubleshooting tips.

Newly updated, Complete Nurse ’ s Guide to Diabetes Care, second edition, is the essential reference for nurses who work with diabetes patients. Get the latest details on the pertinent aspects of diabetes care and newest research, including diabetes complications, care and management approaches, and other diseases that affect the treatment of diabetes. This revised edition also features: A new chapter on patients with cancer and diabetesExtensive, updated resourcesUpdated treatment regimensThe latest in diabetes research Color photos and detailed tables in the guide provide excellent visual tools for nurses who want to provide the best diabetes care.

Living with diabetes is hard. It’s easy to get discouraged, frustrated, and burned out. Do you get depressed about having to deal with diabetes day in and day out? Do you worry about complications, get angry about the never-ending chore of self-care, and get frustrated by poor results when it feels like you’ve worked so hard? If so, you may be suffering from "diabetes burnout"—and you’re not alone. This book addresses not only your frustrations, but also how burnout may contribute to poor self-care, high blood glucose, and later complications. A series of interactive questionnaires and self-evaluations guide you toward overcoming the barriers to good control. Worksheets help you to assess your motivational level and establish a successful plan of action. Diabetes Burnout addresses such issues as: - Good reasons to hate blood sugar monitoring (and what to do about them) - Worrying about long-term complications: the uses and misuses of fear - Depression and diabetes: a tough combination Friends and family: the diabetes police - How stress influences diabetes (and what you can do about it) Don’t let diabetes be in charge of you. Let Diabetes Burnout show you how to take charge of diabetes.

Staying Alive with Diabetes

Dr. Bernstein’s Diabetes Solution

A History of Race and Disease

Plugged in

The Pocket Guide to Plays & Playwrights

The Pain-Proof Pocket Guide

The Efficient Midwife

THE US EDITION OF THE INTERNATIONAL BESTSELLER A momentous medical breakthrough –a scientifically proven program for managing and reversing Type 2 Diabetes at any stage of health. The fastest growing disease in the world, Type 2 diabetes has long been regarded as an incurable, lifelong condition that becomes progressively worse over time, resulting in pain, loss of vision, amputation, and even premature death. But there is hope. For more than four decades, Dr. Roy Taylor has been studying the causes of diabetes. In 2017, he had a breakthrough: he found scientific proof that Type 2 diabetes is not only reversible, but that anyone following a simple regimen can prevent and cure it. Dr. Taylor’s research shows that Type 2 diabetes is caused by too much fat in the liver and pancreas, which interferes with both organs’ normal functioning. By losing less than 1 gram of fat, the liver and organ can begin to perform as they were designed to once again—thus beginning the reversal process. The most efficient way to shed fat from the liver and pancreas is to lose weight as quickly as possible. Life Without Diabetes makes it easy for people to cut back on their daily calorie intake and avoid the two big problems of dieting—hunger and choice—and lose up to 35 pounds in just eight weeks. Thanks to Dr. Taylor, we can now fundamentally change how we treat and prevent this debilitating and all-too-common disease forever.

Organized alphabetically for easy reference, this handy pocket guide is a repository for all concepts, treatment options, drugs and dosages, which are difficult to remember and vitally important. Key Features Include: bull; Pocket sized to fit a lab coat pocket bull; Anatomical art figures bull; Extensive references and bibliographic data for reference bull; A comprehensive list of abbreviations A must-have for every midwife!

“Making the Mexican Diabetic presents a finely-honed ethnography. Montoya is particularly attuned to the sensitivity and conundrums surrounding the use of DNA drawn from a population at high risk of diabetes, and he makes a strong case for understanding the rational value behind this approach as well as its potential reinforcement of racial stereotypes. This is a unique and important book.”– Rayna Rapp, author of Testing Women, Testing the Fetus: The Social Impact of Amniocentesis in America "This is a fascinating, broad-ranging, and fair-minded

ethnography. In the best tradition of science studies, Montoya takes the scientific research seriously on its own terms. Yet he always brings us back to the sociopolitical context, including the tremendous conditions of inequality that Mexican immigrants encounter in the United States.” –Steven Epstein, Northwestern University

Valuable tips, tricks, and advice from a veteran young adult with Type 1 diabetes. Type 1 diabetes (T1D) can be a daunting diagnosis, especially for a young kid or a teen. Patrick McAllister knows. Diagnosed with T1D at age twelve, McAllister’s life changed forever, and he faced an uncertain future of insulin shots, diet regulations, and high school. If only I had a roadmap, he thought. So, years after he learned things the hard way, he decided to write one. Whether it is managing mood swings, hormones, or blood sugar levels, Highs & Lows of Type 1 Diabetes is the ultimate teenager’s and young adult’s handbook for surviving, thriving, and flourishing with T1D during one of the most terrifying, yet exciting, phases of your life. Many think of T1D as a scary disease that is sporadic and uncontrollable, but after eight years of dealing with the literal and figurative highs and lows of T1D, McAllister has learned that it is more a lifestyle change. These pages detail a framework for every situation you could possibly imagine involving T1D, from coming home from the hospital after your diagnosis to preparing to leave your nest for freshman year at college. Learn how to: Count carbohydrates, pump insulin like a pro, and correct irregular blood sugar levels Tell your friends, get good grades, and survive school Play sports with the right game-plan Navigate sex, drugs, and rock ‘n’ roll And more! Type 1 diabetes stinks, but you don’t have to go through it blind and alone! Some have learned it the hard way, but Highs & Lows of Type 1 Diabetes will ensure that you will take control of your T1D diagnosis, conquer your adolescent years, and live a healthy and fulfilling life.

Prevention, Assessment, and Treatment  
Shot

A Guide for Teens with Diabetes

The 3-step plan to transform your health

Complete Nurse's Guide to Diabetes Care

A Brilliant Young Man Who Left Newark for the Ivy League

The Cumulative Book Index

"Shot" is an intimate portrait of a young woman's sudden transition to type 1 diabetes. Treatment for a routine infection one Monday morning yielded, with stunning speed, to a glucose monitor, test strips, and a life-altering diagnosis. In "Shot," Amy Ryan shows what it really takes to manage an incurable disease. She charts the essential duties that keep her stable while revealing the daily concerns, the simple rewards and victories, the fears of highs and lows, and the psychological strain of depending on herself, a drug, and a network of health care providers with diabetes. People who manage life-threatening diseases will recognize their own struggles in Amy's compelling story. The millions who care for and support family, friends, or patients with diabetes will have their eyes opened to the human side of living with a chronic condition. Presents a system that integrates diet, lifestyle changes, and nutrients and supplements to increase metabolism and regain good health.

In a small format book (4x7.5"), Moser (Yale U. School of Medicine, among other affiliations) and Sowers (SUNY Health Science Center) cover epidemiology and scope of the problem, pathophysiology, and management of risk reduction in various populations. Annotation copyright © 2008 by Moser, Inc., Portland, OR

This quick reference is your go-to guide for the precise yet comprehensive clinical information you need to care for adult patients safely and effectively. Completely revised and updated, you'll find even more of what you need at a moment's notice, including coverage of rebreathable mask surgeries, traumatic brain and head injuries, MRSA prevention and treatment guidelines, and much more!

The Short and Tragic Life of Robert Peace

An Owner's Guide

How Media Attract and Affect Youth

Pediatric and Adult Nutrition in Chronic Diseases, Developmental Disabilities, and Hereditary Metabolic Disorders

A Guide to African American Wellness

Prediabetes: A Complete Guide

Everything you need to know about plays and playwrights in one handy guide by leading expert Maureen Hughes who has had one of her 8 musicals produced in the West End and teaches musical theater. Covering everything from the top playwrights through the centuries to a comprehensive A-Z listing of plays from around the world. Accessibility is a key selling point with factboxes highlighting key or curious facts about the subject.

March inspires readers with her personal weight-control triumph and her professional expertise. She presents an exciting, easy-to-follow way of living that puts dieters in control of their weight and health—one day at a time, one meal at a time, one food at a time, and one walk at a time.

Cover -- Half-title -- Title -- Copyright -- Dedication -- Contents -- Preface -- 1 Youth and Media -- 2 Then and Now -- 3 Themes and Theoretical Perspectives -- 4 Infants, Toddlers, and Preschoolers -- 5 Children -- 6 Adolescents -- 7 Media and Violence -- 8 Media and Emotions -- 9 Advertising and Commercialism -- 10 Media and Sex -- 11 Media and Education -- 12 Digital Games -- 13 Social Media -- 14 Media and Parenting -- 15 The End -- Notes -- Acknowledgments -- Index -- A -- B -- C -- D -- E -- F -- G -- H -- I -- J -- K -- L -- M -- N -- O -- P -- Q -- R -- S -- T -- U -- V -- W -- X -- Y -- Z

Packed with charts, guides, and advice, this complete health management system helps to organize and simplify the lives of people with diabetes. A diagnosis of type 2 diabetes means a lifetime of monitoring both diet and blood sugar, and with the planning tools in this handbook, patients can keep track of test results, contact information, and medication records. The organizer features 12-month check-up charts, envelopes and pockets for bills and business cards, and a 30-day journal to get readers into the routine of daily care. By looking beyond bare facts and providing real goals for living with type 2 diabetes, this book serves as a constant companion for vital self-care.

Think Your Way to a Better Life

Diabetes Complications, Comorbidities and Related Disorders

The Ultimate Guide for Teens and Young Adults

Cracking the Metabolic Code

American Book Publishing Record Cumulative, 1950-1977

Reclaiming Our Health

Diabetes Burnout, 2nd Edition: What to Do When You Can't Take It Anymore

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

This must-have guide proves that you can live a fun and active life free of both chronic and short-term aches. The best part? There's no need for a complete overhaul or for expensive drugs and treatment. In The Pain-Proof Pocket Guide, you'll learn to make small, basic changes that will instantly boost the quality of your life! This handy and user-friendly book provides at-a-glance information such as: • A complete (and delicious!) inflammation-fighting diet including the 8 scientifically proven pain-preventing foods • A corresponding shopping list and recipes designed to make it as easy as possible for you to eat to beat pain • Ten natural supplements that help shut off pain and protect your body from further harm • Nine easy, effortless stretches that will soothe any hurting body part • A calming yoga routine that increases flexibility and relieves stress • Often-overlooked yet simple ways to transform your home and work spaces to minimize wear and tear on your body

Goodman's Basic Medical Endocrinology, Fifth Edition, has been student tested and approved for decades. This essential textbook provides up-to-date coverage of rapidly unfolding advances in the understanding of hormones involved in regulating most aspects of bodily functions. It is richly illustrated in full color with both descriptive schematic diagrams and laboratory findings obtained in clinical studies. This is a classic reference for moving forward into advanced study. Clinical case studies in every chapter E-book version available with every copy for obtaining images and tables for lectures or notes Clinicians added as co-authors to enhance usefulness by physicians and medical students and residents Detailed molecular biology of hormones and hormone action for graduate and advanced undergraduate students Expanded and updated color images emphasizing hormone action at the molecular level In-depth molecular biology and clinical sections boxed for ease of access

Foreword by Robert Jarvik, MD, President, Jarvik Heart, New York, New YorkA comprehensive, accessible guide to your internal metronome. Study hard, there might be a test.-Mehmet Oz, MD, Author of You: On a Diet and You: The Owner's ManualThis remarkable book - this Owner's Guide - is so user-friendly that it reads like a fascinating conversation between ourselves and two of our nation's most experienced and eminent cardiac specialists. Not only will it be of immense value to everyone with an interest in heart disease, but it serves also as a model of clarity to help physicians learn how to answer their patients' questions in completely lucid and authoritative terms.-Sherwin B. Nuland, MD, Clinical Professor of Surgery, Yale University; Author of How We Die and The Art of AgingDespite great progress in prevention and treatment, heart disease remains the leading cause of death in the United States. An estimated one in six Americans will develop some kind of cardiac problem in their lifetime, and each year nearly three-quarters of a million people die from heart disease. Faced with these statistics, Americans naturally have many questions about risk factors, warning signs, treatment options, and numerous other concerns.This comprehensive guide makes crucial, potentially life-saving information about the heart easily accessible. Based on decades of hands-on experience in treating patients, the authors - a cardiothoracic surgeon and a cardiologist, both affiliated with Yale University School of Medicine - address specific questions that they hear virtually every day from the people in their care. Simulating an office visit with heart specialists, the book uses an easy-to-follow format that allows readers to find answers quickly. Numerous professional medical drawings and actual operating-room photographs illustrate important facts and concepts.From well-known problems such as hypertension, high cholesterol, and angina, to lesser-known conditions such as valvular heart disease, rheumatic fever, and arrhythmia, the authors provide clear, up-to-date, fact-based medical information, while avoiding confusing jargon as well as fad therapies. They also discuss tests and diagnoses; lifestyle changes to avoid or to live with heart disease; medications and therapies; and surgical procedures such as bypass grafting, valve replacement, and heart transplants, among other treatments. A special section is devoted to women and their hearts.This superb all-in-one popular reference book on the heart will be a welcome resource for heart patients, their families, healthcare providers, and anyone concerned about a healthy lifestyle.FURTHER PRAISE FOR YOUR HEART:Your Heart: An Owner's Guide uses simple language and easily understood analogies to guide the reader through the complexities of the heart's structure and function, to explain when, where and how things can go wrong and, most importantly, to elucidate how the problems can be remedied. The highest compliment I can bestow is to say, truthfully, that I wish I had written it!-Jeffrey S. Borer, MD, Gladys and Roland Harriman Professor of Cardiovascular Medicine, Chief, Division of Cardiovascular Pathophysiology; Director, The Howard Gilman Institute for Valvular Heart Diseases at Weill Medical College, Cornell UniversityFinally, an easy to understand, patient oriented "how to" reference book for heart care! Comprehensive and simple, Bravo!-Stephanie Moore, MD, Division of Cardiology, Massachusetts General HospitalJohn A. Elefteriades, MD (New Haven, CT), is chief of cardiothoracic surgery and professor of surgery at Yale University School of Medicine and Yale New Haven Hospital. He is currently the president of the International College of Angiology and serves on the editorial board of the American Journal of Cardiology, the Journal of Cardiac Surgery, and Cardiology. The winner of the prestigious Socrates Award for the teaching of cardiac surgery, he is the author, with Lawrence S. Cohen, MD, of Hou

Dr. Gundry's Diet Evolution

Rewire Your Brain

Making the Mexican Diabetic

The Definitive Guide to Understanding and Reversing Type 2 Diabetes

Diabetes

A Guide for Teens with Diabetes for Eli Lilly

Dr. Neal Barnard's Program for Reversing Diabetes

A companion to the "Flat Belly Diet!" features quick-and-easy meal solutions, shopping and food storage tips, advice on how to stick to the plan when traveling or dining out, and lists of serving sizes and calorie counts.

If you are a woman with heart disease or have a family history of heart disease, this is your "owner's guide." Women's hearts are different, from both the patient's and doctor's point of view. The sections on prevention and living with heart disease are of particular importance. Read on!-PHILIP ADES, MD, Past President, American Association of Cardiovascular and Pulmonary Rehabilitation; Director, Cardiac Rehabilitation and Prevention, University of Vermont College of MedicineThe Woman's Heart: An Owner's Guide should be mandatory reading for all of us. This book is packed with powerful, potentially life saving, information in plain English. It's everything you ever wanted to know about your heart but were afraid to ask.-AMY YASBECK, Director, The John Ritter Foundation for Aortic HealthIf you ask the average American what the leading cause of mortality in women is, most would probably guess breast cancer. In fact, heart disease is the #1 killer of women, and more women die each year from heart disease than men. Moreover, the symptoms of heart problems in women are very different from those in men, making detection more difficult.In this invaluable and engaging guide to the woman's heart, two leading heart specialists focus on the unique factors affecting women's cardiovascular health. Writing in language that is completely accessible to the general reader, they provide crucial, potentially life-saving information and guidance to help women monitor their own heart health. Among the topics discussed in clear, easy-to-follow language are:In what ways is a woman's heart different from a man's?How do pregnancy and childbirth affect the heart and circulation?What are the symptoms of heart disease in women?What are the most prevalent diseases of the heart among women -including mitral valve prolapse-and how dangerous are they really?What cardiac tests should women be taking?When are medications enough and when is surgery necessary?How is the heart affected by menopause and aging?What are the future prospects for improving heart health and treatment for women?For both healthy women and those already coping with heart disease, this comprehensive owner's manual on the female heart provides essential information for living life to its fullest.FURTHER PRAISE FOR THE WOMAN'S HEART:This is a must read for all women to help prevent the ever growing threat of cardiovascular disease, the number-one killer of women today. The authors are true leading scientific experts who explain, in clear terms, the medical knowledge to provide women a healthy-heart guide, which provides the tools to navigate, prevent, and cope with heart disease in everyday life.-JAMES FALKO, MD, FACE, FACC, Professor of Internal Medicine, University of Colorado, DenverThe unique aspects of heart problems in women are thoroughly explored in this owner's guide. Through practical advice coupled with case vignettes, Drs. Elefteriades and Caulin-Glaser provide women an easy-to-read, important resource in their battle against heart disease.-MARK R. MONTONEY, MD, MBA, Chief Medical Officer, OhioHealthThis exciting book provides an important first step at helping women to close this gap by improving their recognition of heart disease and helping them make the best choices for prevention, diagnosis and treatment.-KERRY S. RUSSELL, MD, PhD, Associate Professor of Medicine, Section of Cardiovascular Medicine, Yale School of MedicineJohn A. Elefteriades, MD (New Haven, CT), is the William W. L. Glenn Professor of Cardiothoracic Surgery, chief of cardiothoracic surgery, and professor of surgery at Yale University School of Medicine and Yale New Haven Hospital. He is a past president of the International College of Angiology and serves on the editorial board of the American Journal of Cardiology, the Journal of Cardiac Surgery, and Cardiology. The winner of the prestigious Socrates Award for the teaching of cardiac surgery, he is the author, with Lawrence S. Cohen, MD, of Your H

1 Thing Diet

In Control