

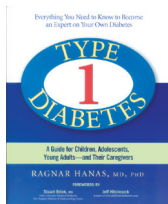
Type 1

With easily recognized symptoms, Type 1 diabetes has been known since ancient times. People with Type 1 usually died within a year of diagnosis until Leonard Thompson got the first injection of an impure insulin extract in 1922. Since then millions of children and adults with Type 1 diabetes have been placed on insulin. In the past, those with Type 2 developed diabetes in their later adult years and were harder to diagnose. Since their diabetes was not caused by a lack of insulin, they were rarely placed on it until late in the disease.

A marker was eventually found that clearly differentiated Type 1 from Type 2 diabetes. Large amounts of ketones in the urine or blood from an excessive metabolism of fat, became the first clear marker for Type 1 diabetes. Because of the need for injected insulin, Type 1 diabetes became known as insulin-dependent diabetes or IDDM. Then in the early 1980's, another breakthrough occurred. Antibodies were discovered which targeted insulin and the beta cells that make insulin in the blood of people who had Type 1 diabetes. The immune system is designed to defend the body against attack from foreign substances, but in Type 1 diabetes, a massive error occurs. The body's immune system begins to attack its own beta cells that appear to be foreign. Destructive antibodies appear in the blood long before enough damage has occurred to create symptoms. Testing for these antibodies allows an early diagnosis, but no definitive way has been developed as yet to stop the attack.

Excerpt from Using Insulin

Type 1 Diabetes *By Ragnar Hanas, MD, PhD*

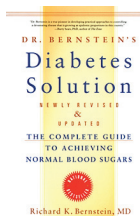


Type 1 diabetes requires intensive, daily management, week after week, year after year. Young people with Type 1 and their parents have to become experts on their own condition and be able to self-manage.

2005, 385 pages, 7 x 9, ISBN 1-56924-396-4, \$24.95

Only \$19.45

Dr. Bernstein's Diabetes Solution, 2nd ed.



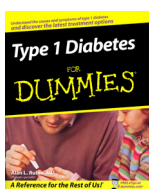
By Richard K. Bernstein, MD

A low carbohydrate, high protein diet to normalize the blood sugar and create weight loss. A comprehensive discussion of diabetes related weight problems and solutions, plus 50 recipes.

2007, 519 pgs, 6.25 x 9.5, ISBN 978-0-316-16716-1, \$29.99

Just \$20.99

Type 1 Diabetes for Dummies *by Alan Rubin, MD*

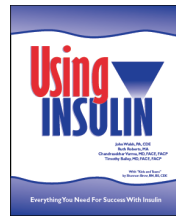


This guide helps you understand and manage diabetes, with tips on working with your doctor, administering insulin, developing a diet and exercise plan, and coping with illness and travel.

2008, 7.5 x 9.25, ISBN 978-0-470-17811, \$21.99

Just \$15.40

Using Insulin *By J. Walsh, R. Roberts, T. Bailey & C. Varma*

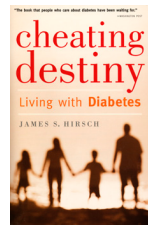


Clear information on how to control your blood sugar on injections. Determine your TDD, long-acting and carb and correction doses. Learn carb counting and how to test your insulin doses. Find blood sugar patterns and adjust for better control. Helpful chapters on exercise, pregnancy, kids and teens, and medications. The most informative and useful book on insulin for health professionals and everyone on injections who wants better control.

2003, 320 pgs, 7.5 x 9.25, ISBN 1-884804-85-3, \$23.95

Just \$16.75

Cheating Destiny *By James S. Hirsch*

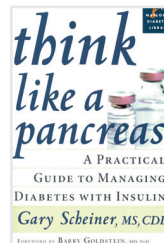


A revealing view of the diabetic subculture, the glycemic roller coaster, and the remarkable perseverance required for survival. Reveals the growing impact of diabetes on our economy, our society, and our families.

2006, 307 pgs, 5.5 x 8.75, ISBN 978-0-618-91899-7, \$14.95

Just \$10.45

Think Like A Pancreas *By Gary Scheiner, MS, CDE*



Focuses on day-to-day issues facing those using insulin. Gives the tools to successfully master the art and science of matching insulin to the body's ever-changing needs. Packed with useful info not readily available in other books.

2004, 241 pgs, 6 x 9, ISBN 1-56924-436-7, \$15.95.

Only \$12.45

4.1 Suspected Causes of Type 1

- Vitamin D deficiency
- Viruses
 - coxsackie B
 - cytomegalovirus
 - Epstein-Barr
 - mumps
 - congenital rubella
 - rotavirus
 - Ljungan
 - encephalomyocarditis
 - echo
- Nitrates
 - lunch meat
 - farm well water
 - fertilizer
- Cow's milk in infants