

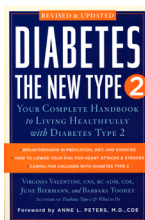
Type 2

Diagnosis of Type 2 diabetes occurs when the fasting plasma glucose is 126 mg/dl (7.0 mmol) or higher on two occasions, a random glucose is 200 mg/dl (11.1 mmol) or higher on two occasions, or a random glucose is 200 or higher with the presence of diabetes symptoms. Normal fasting glucose levels are 110 mg/dl or lower, with readings no higher than 140 mg/dl at any time. Readings between 110 and 126 mg/dl on a fasting test is considered prediabetes or impaired glucose tolerance.

Excerpt from Using Insulin

Diabetes The New Type 2

by V. Valentine, J. Biermann, & B Toohay

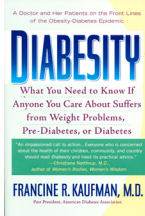


Update of Diabetes Type 2 & What To Do. The latest developments in leading a healthy, happy life with Type 2. The basics of medication, diet, exercise, emotional health and more in a conversation between health professionals.

2008, 306 pgs, 6 x 9, ISBN 978-1-58542-670-6, \$16.95

Just \$11.85

Diabesity By Francine R. Kaufman, MD

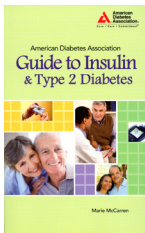


Explains how excess weight destroys the body's ability to process sugar properly, with life threatening consequences. Tools for change at every level, from families to school systems to government. Reports on programs that are already making a difference.

2005, 326 pgs, 6.5 x 9.5, ISBN 0-553-80384-0, \$15.00

Just \$10.50

Guide To Insulin and Type 2 Diabetes



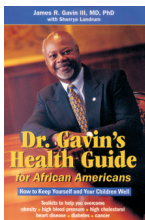
By Marie McCarren

Get complete information on insulin plans proven to work for people with type 2 diabetes. For help with the practical and emotional aspects of using insulin, you'll hear from people with type 2 diabetes who use insulin.

2007, 232 pgs, 4.25 x 7, ISBN 978-1-58-040284-4, \$12.95

Just \$9.05

Dr Gavin's Health Guide for African Americans



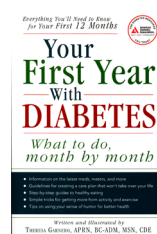
By James R. Gavin, MD, PhD

Health topics of concern to the African American population with specifics on obesity, high blood pressure, high cholesterol, heart disease, diabetes, and cancer. A family-centered approach that breaks the cycle of lifestyle related diseases.

2004, 278 pgs, 6 x 9, ISBN: 1-58040-204-6, \$14.95

Just \$10.45

Your First Year With Diabetes



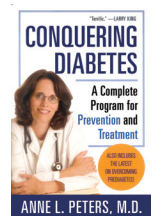
by T. Garner, APRN, BC-ADM, MSN, CDE

If diabetes has left you feeling confused or angry, then it's time to get help and guidance. You'll learn about medications, exercise, meal planning, and how to handle lifestyle and emotional issues.

2009, 308 pgs, 6 x 9, ISBN 978-1-58040-301, \$16.95

Just \$11.85

Conquering Diabetes By Ann Peters, MD

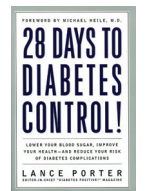


A comprehensive and up-to-date guide for eradicating prediabetes and treating both types of diabetes. Includes which foods to eat, which medications help, and how to get the best treatment from your doctor.

2005, 349 pgs, 5.5 x 8.375, ISBN 0-452-28559-3, \$16.00

Just \$11.20

28 Days To Diabetes Control By Lance Porter

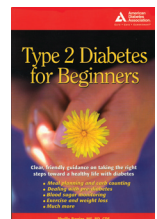


Lower your blood sugar, improve your health and reduce your risk of diabetes complications. A practical and positive, step-by-step program in a user-friendly format.

2004, 282 pgs, 6 x 9, ISBN 1-59077-041-2, \$12.95

Just \$9.05

Type 2 Diabetes For Beginners By Phyllis Barrier

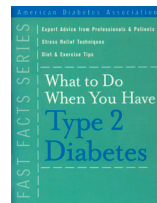


Offers direction, advice and support for the newly diagnosed and their families. Friendly and easy-to-read with valuable knowledge that covers a wide range of Type 2 diabetes topics. Friendly and easy to read.

2005, 158 pgs, 6 x 9, ISBN 1-58040-224-0, \$14.95

Only \$10.45

What To Do When You Have Type 2 Diabetes



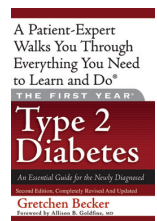
By the ADA

Perfect companion to help you through the period after you have been diagnosed with Type 2 Diabetes and for years to come.

2002, 59, 4.25 x 5.5, ISBN 1-58040-065-5, \$7.95

Just \$5.55

The First Year: Type 2 Diabetes, 2nd Ed.



By Gretchen Becker

This guide, by an author with Type 2, takes you through the complete first year after the diagnosis. Totally revised, includes updates regarding progressive studies, new drugs and different insulin treatments.

2007, 352 pgs, 6 x 9, ISBN-13 978-1-56924-265-0, \$16.95

Only \$11.85