



Living with Type 1 Diabetes (Overcoming Common Problems)

Tom Smith

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Diabetes is described by the World Health Organization as an epidemic. But, effective control can greatly improve life expectancy, and reduce complications such as cardiovascular disease, stroke, kidney disease and blindness. Living with Type 1 Diabetes looks at ways to tackle type 1 diabetes in adults and teenagers, including late-onset type 1 diabetes. It covers lifestyle factors such as exercise, diet, weight control, and smoking cessation. It also looks at how to organize your insulin, pumps, and transplants, and why increasing numbers of people with type 2 diabetes need insulin.

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