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4 Steps to Control Your Diabetes. For Life.

By Centers for Disease Control and Preventi

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 8.7in. x 5.8in. x 0.2in. This booklet (the National Institutes of Health Publication 11-5492) presents four key steps to help you manage your diabetes and live a long and active life. These steps include: Step 1: Learn about diabetes; Step 2: Know your diabetes ABCs; Step 3: Manage your diabetes; and Step 4: Get routine care to avoid healthcare problems. Diabetes is a serious disease. It affects almost every part of your body. That is why a health care team can help you take care of your diabetes; this team includes: doctor, dentist, diabetes educator, dietitian, eye doctor, foot doctor, mental health counselor, nurse, nurse practitioner, pharmacist, social worker friends and family. You are the most important member of the team. This item ships from La Vergne, TN. Paperback.



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Reviews

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