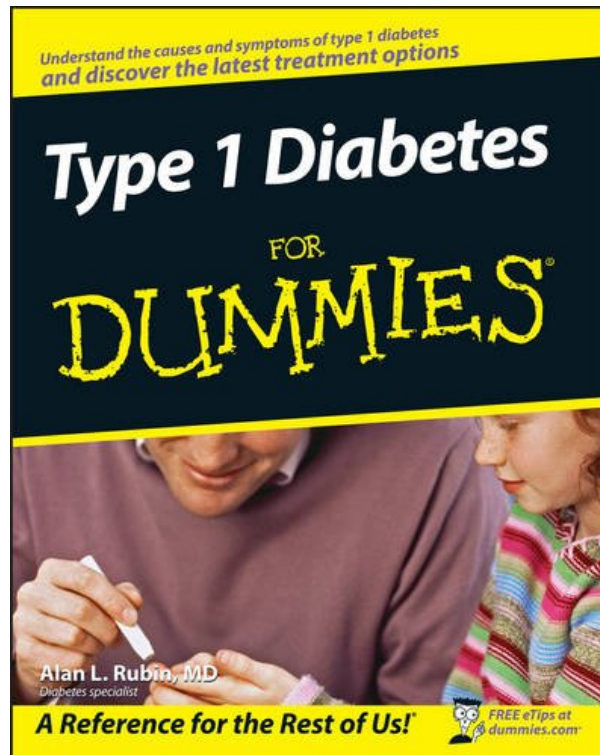


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From the Back Cover

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About the Author

Alan L. Rubin, MD, is a physician in private practice and the author of the bestselling *Diabetes For Dummies*, *Diabetes Cookbook For Dummies*, and *Thyroid For Dummies*.

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Whether you have been living with type 1 diabetes for some time, or you have just discovered that your child is diabetic, there's a lot you need to know about the new developments in treating, controlling, and living with this disease. Type 1 Diabetes For Dummies, explains everything you need to know and do to make living with type 1 diabetes easier and healthier.

This reassuring, plain-English guide helps you understand and manage the disease with tips on working with your doctor, administering insulin, developing a diet and exercise plan, and coping with illness and travel. You'll find out about the latest technologies of blood glucose monitoring and insulin delivery, and get a handle on everything you need to do to keep yourself or your child healthy, active, and feeling good. Discover how to:

- Overcome short-term complications
- Eat a diabetes-friendly diet
- Use exercise to help control type 1 diabetes
- Handle school, work, and other activities
- Help your child maintain a high quality of life
- Prevent long-term complications
- Be healthier than your friends who don't have diabetes
- Deal with the emotional and psychological effects of the disease
- Choose an insulin pump for yourself or your child
- Calculate insulin dosages

Anyone can live a long, healthy, and productive life with type 1 diabetes. Small Type 1 Diabetes For Dummies delivers every drop of information you need to make sure that you or your child can do just that.

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About the Author

Alan L. Rubin, MD, is a physician in private practice and the author of the bestselling Diabetes For Dummies, Diabetes Cookbook For Dummies, and Thyroid For Dummies.

Most helpful customer reviews

3 of 3 people found the following review helpful.

... got this book when were dating so I could better understand what he was going through

By Kayley

My husband is a type 1 and I got this book when were dating so I could better understand what he was going through. This book has so much information it was overwhelming! But after the first couple chapters, I was telling my husband things about it that he didn't even understand. Instead of reading the whole book, I went through the table of contents and looked at what specifically I wanted to know about.

5 of 5 people found the following review helpful.

Type 1 for dummies

By Lauren R

This is a good book for reviewing and it has updated information that inspired me to try harder and count carbs. My mother found this book and loved it she said she had no idea that there was so much involved in being a type 1 diabetic. I became a diabetic before I was 21. It was not diagnosed until a month after I turned 21. I am 55 now and all I can say is I have to keep reading and reading and I still won't know everything I need to know. This book is easy to read and it is not only good for the diabetic himself but for the family to read and then maybe they will not be so judgmental...

1 of 1 people found the following review helpful.

Nothing simple about it

By Susan

After reading this book I concluded that you better not be a dummy if you have diabetes. It's one complicated disease. This book went a long way toward helping me understand diabetes. It convinced me that an iron will, regular habits, and a penchant for routine and detail, are the keys to living with diabetes successfully. Should you be deficient in any of the qualities listed above, good luck. You shall need it.

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