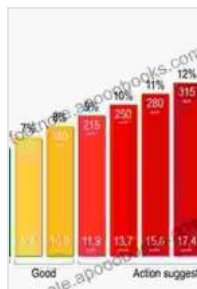


Got Diabetes? Do What? 54 Years Counting!

By John Smith

I was diagnosed with type 1 diabetes when I was just 10 years old. I remember it like it was yesterday. I was thirsty all the time, I was losing weight, and I was tired all the time. My parents took me to the doctor, and after a few tests, I was diagnosed with diabetes.



Got Diabetes? I Do: 54 Years & Counting by Caroline Braun

★★★★★ 5 out of 5

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At first, I was scared. I didn't know what diabetes was, and I didn't know how I was going to live with it. But my parents were there for me, and they helped me to learn about diabetes and how to manage it.

I learned that diabetes is a chronic disease that affects the way the body uses sugar. In people with diabetes, the body doesn't make enough insulin,

or the insulin that it does make doesn't work properly. Insulin is a hormone that helps the body to use sugar for energy.

Without insulin, the sugar builds up in the blood and can cause serious health problems, such as heart disease, stroke, kidney disease, and blindness. But with proper management, people with diabetes can live long, healthy lives.

There are two main types of diabetes: type 1 and type 2. Type 1 diabetes is an autoimmune disease that usually develops in children and young adults. In type 1 diabetes, the body's immune system attacks the cells in the pancreas that make insulin. This means that people with type 1 diabetes need to take insulin every day to survive.

Type 2 diabetes is the most common type of diabetes. It usually develops in adults over the age of 40. In type 2 diabetes, the body doesn't make enough insulin, or the insulin that it does make doesn't work properly. This means that people with type 2 diabetes need to take medication to help their bodies use insulin more effectively.

There is no cure for diabetes, but it can be managed with diet, exercise, and medication. People with diabetes need to eat a healthy diet that is low in sugar and carbohydrates. They also need to get regular exercise and take their medication as prescribed.

With proper management, people with diabetes can live long, healthy lives. I am now 54 years old, and I have been living with diabetes for over 40 years. I have a wife, two children, and three grandchildren. I am a successful businessman, and I enjoy playing golf and traveling.

I am living proof that people with diabetes can live full and healthy lives. If you have diabetes, don't give up. There is hope. With proper management, you can live a long, healthy life.

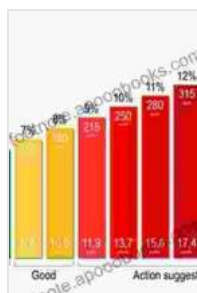
Here are some tips for managing diabetes:

- Eat a healthy diet that is low in sugar and carbohydrates.
- Get regular exercise.
- Take your medication as prescribed.
- Monitor your blood sugar levels regularly.
- See your doctor for regular checkups.

If you have any questions about diabetes, talk to your doctor. There is a lot of information available about diabetes, and your doctor can help you to find the resources that you need.

Don't be afraid to ask for help. There are many people who are willing to help you to manage your diabetes. Your family, friends, and healthcare team can all provide support and guidance.

With proper management, you can live a long, healthy life with diabetes.



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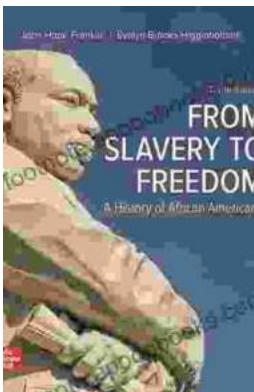
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