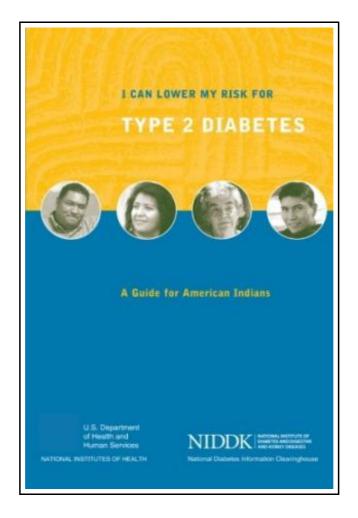
I Can Lower My Risk for Type 2 Diabetes: A Guide for American Indians



Filesize: 4.52 MB

Reviews

These sorts of book is the greatest book offered. This can be for all those who statte that there had not been a really worth reading. I am just quickly could get a pleasure of reading a written ebook. (Verner Goyette DDS)

I CAN LOWER MY RISK FOR TYPE 2 DIABETES: A GUIDE FOR AMERICAN INDIANS



Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 26 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.The National Institutes of Health Publication 11-5337, I Can Lower My Risk for Type 2 Diabetes: A Guide for American Indians, provides information on diabetes how to prevent it, how to learn how to take care of yourself if you have diabetes, and how to prevent some of the serious problems that can diabetes can cause. Type 2 diabetes is the most common type in American Indians. This type of diabetes can occur at any age, even during childhood. People develop type 2 diabetes because the cells in the muscles, liver, and fat do not use insulin properly. Eventually, the body cannot make enough insulin. As a result, the amount of glucose in the blood increases while the cells are starved of energy. Over time, high blood glucose damages nerves and blood vessels, leading to problems such as heart disease, stroke, blindness, kidney failure, and amputation. Although people with diabetes can prevent or delay complications by keeping blood glucose (also called blood sugar) levels close to normal, preventing or delaying the development of type 2 diabetes in the first place is even better. The results of a major federally funded study, the Diabetes Prevention Program (DPP), prove that we can prevent or delay the disease. This study of 3, 234 people at high risk for diabetes showed that moderate diet and exercise, resulting in a 5- to 7-percent weight loss, can delay and possibly prevent type 2 diabetes. More than 170 American Indians participated in the DPP. The DPP tested three approaches to preventing diabetes: making lifestyle changes, taking a diabetes pill, or following the standard diabetes education approach. People in the lifestyle change group exercised about 30 minutes a day,...

Read I Can Lower My Risk for Type 2 Diabetes: A Guide for American Indians Online
Download PDF I Can Lower My Risk for Type 2 Diabetes: A Guide for American
Indians

Relevant Books



Animalogy: Animal Analogies

Sylvan Dell Publishing. Paperback. Book Condition: New. Cathy Morrison (illustrator). Paperback. 32 pages. Dimensions: 9.8in. x 8.4in. x 0.4in.Compare and contrast different animals through predictable, rhyming analogies. Find the similarities between even the most incompatible...

Save ePub »



The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in.Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we...

Save ePub »



God Loves You. Chester Blue

Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in. x 5.2in. x 0.3in.BEAUTIFUL NEW ILLUSTRATIONS BRING THE STORY TO LIFE!A charming book about a mysterious bear that shows...

Save ePub »



DK Readers Robin Hood Level 4 Proficient Readers

DK CHILDREN. Paperback. Book Condition: New. Nick Harris (illustrator). Paperback. 48 pages. Dimensions: 8.4in. x 5.7in. x 0.2in.Discover the rollicking exploits of Robin and his merry men as they take from the rich and give...

Save ePub »



Good Night, Zombie Scary Tales

Feiwel & Friends. Paperback. Book Condition: New. Iacopo Bruno (illustrator). Paperback. 112 pages. Dimensions: 8.2in. x 5.4in. x 0.2in.Welcome. Have a seat. Ignore the shambling undead outside. Let us tell you a story. But be...

Save ePub »



Passing Judgement Short Stories about Serving Justice

Isinglass Press. Paperback. Book Condition: New. Paperback. 102 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.Passing Judgment is a compact collection of twelve short stories about people who deliver their own form of justice. These are

Save ePub »



Gypsy Breynton

Echo Library. Paperback. Book Condition: New. Paperback. 88 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Hon. Gypsy Breynton, Esq., M. A., D. D., LL. D., c., c. Gypsy Breyliton, R, R. Save ePub »



The Poems and Prose of Ernest Dowson

Book Jungle. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.2in. x 7.5in. x 0.5in.The Poems and Prose of Ernest Dowson The Project Gutenberg EBook of The Poems And Prose Of Ernest Dowson by Ernest

Save ePub »



DK Readers Plants Bite Back Level 3 Reading Alone

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 9.0in. x 5.8in. x 0.2in.With Eyewitness Readers, children will learn to read --then read to learn! There are plants that prickle, sting, or even munch

Save ePub »



The Secret Life of Trees DK READERS

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.This Level 2 book is perfect for children who are beginning to read alone. Why do trees lose their leaves in

Save ePub »