Written by two trusted experts in the treatment of diabetes, this book provides comprehensive information on living with the disease. Covering both Type I and Type II diabetes, The Diabetes Handbook offers practical, authoritative advice for coping with the disorder, including glucose monitoring, diet, exercise, medications, family dynamics, and expert tips on day to day strategies for staying healthy -- both at home and while traveling. Written in clear, simple language and illustrated with 200 fun cartoon-style drawings, The Diabetes Handbook is an invaluable source of timely, trusted information for everyone from the newly diagnosed to the longtime diabetes patient and his or her family.