In the US, 23.6 million people - 7.8 percent of the population - have diabetes. Diabetes can lead to serious complications, including blindness, kidney damage, cardiovascular disease, peripheral neuropathy and lower-limb amputations. People with diabetes can lower the occurrence of these and other diabetes complication by controlling blood glucose, blood pressure, and blood lipids.

This book will provide down-to-earth information and explain clearly what a reader needs to know and wants to know to understand about diabetes so they can move forward with their lives.