



The Type 2 Diabetic Woman

M. Sara Rosenthal

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The Type 2 Diabetic Woman is designed to address the unique physical and emotional aspects of this disease for women. Stressing the importance of good self-management, bestselling health writer M. Sara Rosenthal presents information on nutrition, exercise, self-testing, medications, sex, and pregnancy in a warm, supportive manner. The book focuses on how to work with your health-care team, how to make the right lifestyle changes, and how to prevent long-term complications.



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