



# Mayo Clinic Essential Book of Diabetes: How to Prevent, Control, and Live Well with Diabetes

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More people than ever before have diabetes. The disease affects an estimated 21 million adults and children in the US and many people with the disease don't have it under control. Unlike years ago, you have a good chance of living an active and healthy life with diabetes--provided you work with your health-care team to take the necessary steps to control your blood sugar. *Mayo Clinic Essential Book of Diabetes* covers: recipes.

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