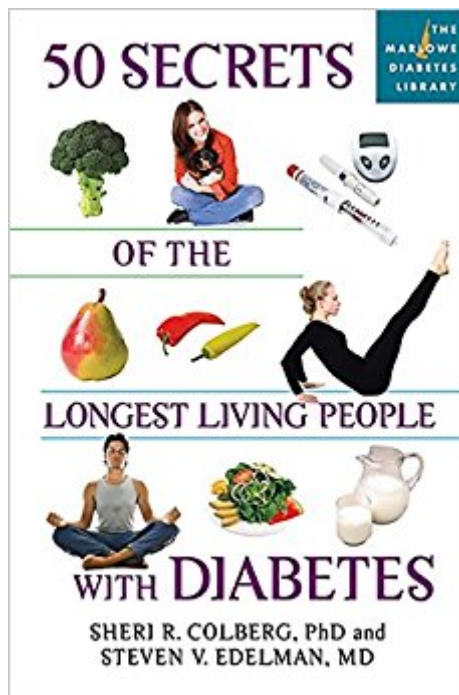




The book was found

50 Secrets Of The Longest Living People With Diabetes (Marlowe Diabetes Library)



Synopsis

The latest scientific research confirms that you can live well and long with diabetes without suffering from its more devastating health complications. Whether you have type 1 or type 2 diabetes, you have the ability to improve the quality and length of your life through physical activity, a positive mental outlook, and certain diabetes tools and medications. Now, the longest living people with type 1 and type 2 diabetes share the secrets that have helped them achieve longevity and wellness. From interviews with more than fifty people who have thrived with the condition for as many as 84 years, diabetes authorities Drs. Colberg and Edelman distill their lifelong habits into fifty user-friendly, easy-to-adopt secrets. Featuring profiles of ten people who have each lived an average of 65 years with diabetes and practical advice for incorporating each secret into your daily life, this invaluable resource will inform, inspire, and motivate you to live well—and fully—to 90 and beyond. Find out what some of the secrets are: • Live first and be diabetic second • Know your numbers and assume nothing • Have kids if you want to • Erase your mistakes with exercise No matter what type of diabetes you have, you control the ability to escape serious complications (or control the ones you may have) and add years, if not decades, to your life.

Book Information

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Customer Reviews

"Inspirational--and practical. A must read that can make a difference in your life."--Richard N. Podell, MD, clinical professor, UMDNJ-Robert Wood Johnson Medical School "The advice that Sheri

Colberg and Steven Edelman offer is excellent and will help everyone living with diabetes to live a better, healthier, and longer life. I would also say that much of their guidance would be well heeded by everyone, not just people with diabetes."--Jeff Hitchcock, *Children with Diabetes* "Camaraderie is truly what soothes the diabetic breast. As I'm reading read through this book, my neck is getting tired from the constant nodding and saying 'Yes! Yes! This is what it's all about!' Who knows more about living successfully with diabetes than the people who have done it for so many years. After I've soaked up every word, I might be willing to share it with my patients."--Gary Scheiner, CDE, author, *"Think Like a Pancreas"* and *"The Ultimate Guide to Accurate Carb Counting "* "Most books tell you what the authors think you should be doing about your diabetes. *"50 Secrets of the World's Longest Living People with Diabetes"* tells you what long-lived people with diabetes actually are doing about their diabetes...Their stories are inspiring as well as instructive."--Gretchen Becker, author, *"The First Year(R)--Type 2 Diabetes and Prediabetes "* "Information about the inspiring individuals with diabetes was woven in with the fifty great secrets in a very entertaining and educational way. I endorse it to teach, train, and coach those of us with diabetes."--Paula Harper, RN, CDE, founder and president, *Diabetes Exercise & Sports Association*""*"50 Secrets of the Longest Living People with Diabetes"* is full of inspiring examples...Indeed, diabetes is treatable and is more and more treatable all the time, while many other chronic diseases are not. This is another of the excellent and positive points that these two authors make throughout this important book."--David Mendosa, coauthor, *"The New Glucose Revolution What Makes My Blood Glucose Go Up...and Down?,"* and author, *"Losing Weight with Your Diabetes Medication"*""While at the University of Michigan we developed the notion of 'patient empowerment' and 'taking control,' which Sheri Colberg and Steven Edelman have captured in a most elegant manner with case histories of people who have thrived for many years despite having diabetes."--Aaron Vinik, MD, PhD, director, *Strelitz Diabetes Research Center*"Encouraging, informative, and easy to read...this is my kind of diabetes book! If nothing else, you'll be delighted to discover how many of the secrets you've already mastered."--Amy Tenderich, journalist/blogger, www.diabetesmine.com, and coauthor, *"Know Your Numbers, Outlive Your Diabetes"*

Sheri R. Colberg, PhD, is an exercise physiologist and professor of exercise science in the Exercise Science, Sport, Physical Education, and Recreation Department at Old Dominion University. She has authored more than 100 articles on exercise and diabetes, along with five books, including *The 7 Step Diabetes Fitness Plan*. Steven V. Edelman, MD, founder and director of *Taking Control of Your Diabetes*, is a professor of medicine in the Division of Endocrinology and Metabolism at the

University of California, San Diego, and director of the Diabetes Care Clinic at the Veterans Affairs Medical Center in San Diego. The author of four books on diabetes for consumers and professionals, his research has appeared in more than 200 publications.

As a certified diabetes educator who spends day after day teaching patients how to better manage their diabetes, I can only say that I wish EVERY person with diabetes would read this book. I often mention it to my patients. It offers hope as well as practical, useful information that can help people live longer, healthier lives in spite of their diagnosis. I enjoyed reading about real people. Read it and pass it on to someone you love who has diabetes!

As the mother of two young daughters with type 1 diabetes, I've read a lot of websites and books with highly technical medical information about diabetes. It was refreshing to sit down and read a book full of stories. When's the last time you read a book about diabetes that was actually hard to put down? This is a book like that. One can't help but be encouraged by stories like those of the two brothers, ages 87 and 91, who have had diabetes since early childhood. Both have avoided major complications even though they lived most of their lives in the "dark ages" (pre-glucometers). The 87-year-old brother often rides his bike 20 miles at a time. The book is full of stories like these. Interspersed between the stories of these inspiring diabetic people are the 50 secrets. I'll list ten of them here: 1. Live first and be diabetic second. 2. Control your problems before they control you. 3. Consider being a grazer. 4. Always carry a toothbrush. 5. Erase your mistakes with exercise. 6. Love (and hate) your pump. 7. Involve your family and friends. 8. Have kids if you want to. 9. Understand possible diabetes complications. 10. Respect the power of diabetes. The 50 secrets aren't earth-shaking but there is commentary from these diabetics on all of the secrets and it is motivating and encouraging. The advice is very, very practical. The authors don't shy away from the grim statistics: "just by having diabetes, you already have twice the risk of dying young as someone who is diabetes-free." Some of the 50 people in the book share stories about scary hypoglycemic episodes while driving. The authors make it clear that facing the reality of possible complications is much better than denial. There is some information about type 2 diabetes in the book too. Overall, the book is easy to read and I think every teen and twentysomething with diabetes should read it. Parents of diabetics should read it too. It will wake you up a little and also encourage you.

I enjoyed the episodic nature of this book. It is true that much of the information is not original, research, however, it is nice to hear about life from the people who are living it. I liked hearing about

Dr. Richard Bernstein and his personal experience..A good companion to this book is Riva Greenberg's book on 50 diabetic myths.

This is one of the best books about diabetes and people living with diabetes that I have read in a very long time. As a person living with the disease for over 40 years, it was such an inspiration to read about other people that have lived with it even longer than I and to read about others who are dealing with the same issues that I deal with all the time. It is so important for people to know that diabetes does not have to be a death sentence...it is a manageable disease and the proof of that is in reading this book.I suppose I shouldn't brag too much since I'm quoted quite a bit in this book, but it is truly a book for anyone with diabetes. It is filled with amazing suggestions, (yes, even I learned some new things!) and it should encourage all who take the time to really absorb the contents.Dr. Sheri and Dr. Steve are both wonderful people and certainly experienced in their field as they, too live with diabetes.Jane Dohrmann

I confess I haven't finished reading it, but I like that I'm getting first-person reports for this difficult subject. Diabetes is a real killer, potentially, & I'm glad that the public's attention is being drawn to it more often, & by real people's reporting.The few people whose reports I've dipped into help show the way to better survival.

Old advise, old traditional thinking about diabetes. The one thing to glean here is stay at 150 or lower on glucose and you may live a normal life span.

Wow - this book was so insightful, inspirational and reassuring. A must read for anyone with diabetes and even friends and family of diabetics to get a better understanding of what it is like living with the disease.

50 Secrets of the longest living people with Diabetes is a must read for any diabetic, family members, friends and all medical personal treating a Diabetic..

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