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Diabetes self-management education helps people to stay healthy and prevent costly complications, yet very few people with diabetes attend a course. Diabetes UK's& Taking Control campaign aims to increase the provision and uptake of diabetes self-management education, so that everyone with diabetes has the skills and confidence to take control of their condition.

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Q: Why should health care providers promote diabetes self-management education and support (DSMES) for their patients with type 2 diabetes? A: It's important because over 90 percent of diabetes care is self-care; provided by the person with diabetes.

Every Person with Diabetes Needs Ongoing Self-Management ...

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Diabetes Self Defense

Diabetes Self Defense Diabetes Self-Defense is an easy-to-follow and easy-to-use weapon in the War Against Diabetes. The book has been reviewed for medical accuracy by Jay Krakovitz, MD, a Boulder, Colorado-based physician who also has diabetes. Diabetes Self-Defense : Your Ultimate Weapon in the War... Research shows that diabetes self-management education and

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Diabetes Self-Defense (Inglés) Tapa blanda - 12 feb 2013

Self-Care in Diabetes Mellitus #1: Eating Healthy The most important part of self-care in diabetes mellitus is to eat healthy. Foods rich in simple carbohydrates and sugar should be avoided to avoid spikes in blood sugar levels. Also avoid alcohol and aerated drinks which too can affect your blood sugar.

Self-Care in Diabetes Mellitus - ePainAssist

Diabetes Self-Defense is an easy-to-follow and easy-to-use weapon in the War Against Diabetes. The book has been reviewed for medical accuracy by Jay Krakovitz, MD, a Boulder, Colorado-based physician who also has diabetes.

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