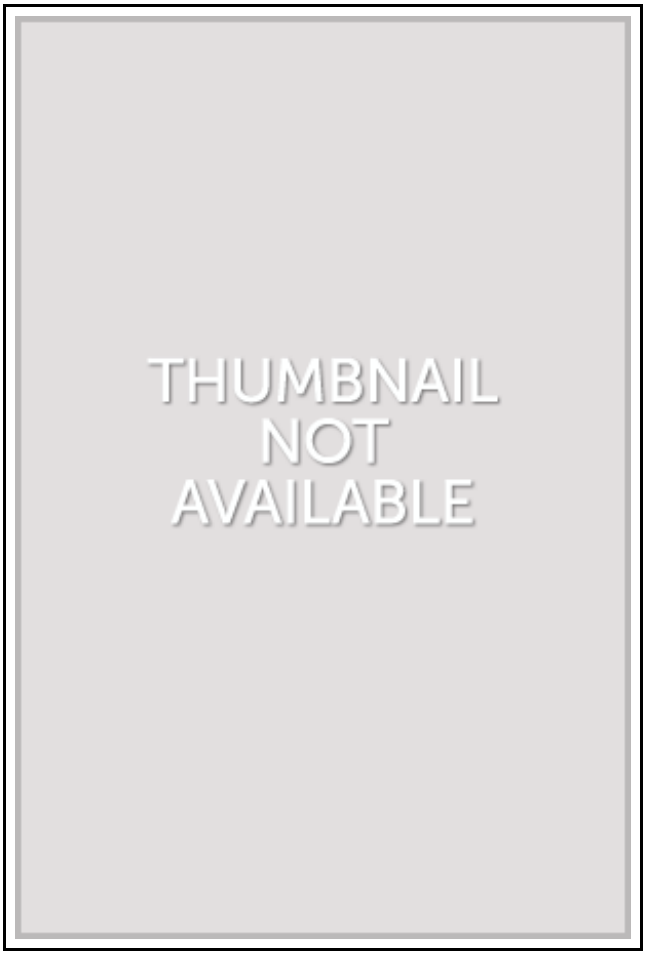
Comprender la diabetes



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Amat Editorial, 2014. soft. Book Condition: New. La Diabetes Mellitus es una enfermedad crónica, caracterizada por el aumento de azúcar en sangre, y que afecta a un 13,8% de la población, aunque casi la mitad de ella lo desconoce. Tener un buen control de la diabetes es posible y para ello es fundamental que la persona afectada tenga una información adecuada de la enfermedad que le permita implicarse en su manejo. Solo de esta manera conseguiremos que se siga un plan de alimentación adecuado, se realice ejercicio de forma regular y, en muchas ocasiones, se efectúe un tratamiento con fármacos orales o con insulina de forma correcta. El buen control es la mejor prevención de las complicaciones crónicas que la diabetes puede ocasionar. La persona con diabetes puede hacer una vida totalmente normal, siempre que la diabetes esté bien controlada. La diabetes no ha de ser un obstáculo para alcanzar las metas que nos propongamos. Tendrá en sus manos una guía rigurosa, y a la vez didáctica y amena, de las bases del tratamiento para controlar la diabetes. Conocerá las posibles descompensaciones o problemas agudos que la diabetes puede provocar y la forma de solucionarlos y prevenirlos. Sabrá cómo prevenir las complicaciones crónicas de la diabetes. Encontrará respuesta a muchas preguntas que posiblemente usted y su familia se plantean en el día a día de la enfermedad. Recibirá las enseñanzas prácticas de dos especialistas de primer nivel con una larga trayectoria profesional en el campo de la atención al paciente diabético.

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