



# **Diabetes: Glucose Monitoring and Insulin Treatment: The most important information you need to improve your health (The Everything® Healthy Living Series)**

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**Diabetes: Glucose Monitoring and Insulin Treatment: The most important information you need to improve your health (The Everything® Healthy Living Series)** The Editors of Adams Media

If you or a family member has been diagnosed with diabetes, you may feel overwhelmed by the challenges associated with this disease. The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to improve your health. Aside from having a lab in your medicine cabinet, this is your best tool for managing diabetes, monitoring your glucose level, and understanding the importance of insulin. You'll find tips and advice on testing your blood sugar, tracking results, and administering insulin.

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