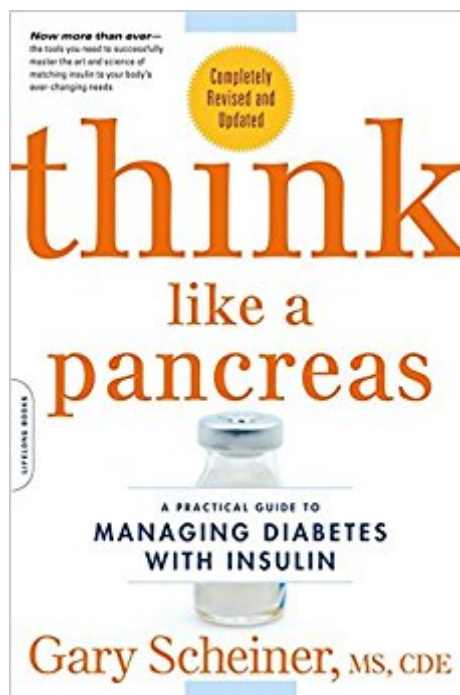




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# Think Like A Pancreas: A Practical Guide To Managing Diabetes With Insulin--Completely Revised And Updated



## Synopsis

Few diabetes books focus specifically on the day-to-day issues facing people who use insulin. In this fully updated and revised edition, diabetes educator Gary Scheiner provides the tools to “think like a pancreas” to successfully master the art and science of matching insulin to the body’s ever-changing needs. Comprehensive, free of medical jargon, and packed with useful information not readily available elsewhere, this new edition covers the many strides taken in diabetes education and management since the first edition seven years ago. Think Like a Pancreas includes critical information, such as day-to-day blood glucose control and monitoring, designing an insulin program to best match your lifestyle, up-to date medication and technology, and new insulin formulations and combinations.

## Book Information

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## Customer Reviews

DiabetesMine.com, 2/21/12; Think Like a Pancreas covers essentially anything and everything you’d need to know about living with diabetes. About.com, 3/1/12; This highly practical, humorous, and detailed guide covers it all. Eat Healthy, Live Well (blog), 3/8/12; In his down-to-earth approach he offers a plethora of innovative out-of-the-box tips for taking care of the everyday, literal and figurative, ups and downs of diabetes using insulin; a terrific addition to your diabetes bookshelf. Library Journal, 3/29/12; Striking a balance between a casual and professional tone, Scheiner presents this material in an approachable manner; Recommended for public and consumer health libraries, especially those with the first edition. HealthCentral.com, 8/21/12; So readable that I

found myself wanting to read every word of it when I picked it up with the intention of just skimming through it";The best guidance anywhere for people using insulin or thinking about it. —Diabetes Forecast, February 2014;With the author's amiable voice and reasonable take on diabetes management, this is a far cry from a stuffy disease book. —2014 Diabetes Educator of the Year, American Association of Diabetes Educators

Gary Scheiner, MS, CDE, is a certified diabetes educator, insulin-pump user and trainer, and exercise physiologist. He serves on the board of directors of the Juvenile Diabetes Research Foundation and lives in Pennsylvania.

very informative for type 1 diabetics. Bought it to learn as much as possible to care for our T1D son!

Trying to understand my newly diagnosed LADA. This book explains diabetes in a way I can understand.

This is a must read for T1D or caregivers of young T1D's. VERY good information.

This book has helped me tremendously in taking care of my newly diagnosed mom. I read it all the time. Great informative book to own.

Excellent book. The author is engaging and he explains things really well. It's not a chore to grasp the concepts he's talking about.

This is the most informative and helpful diabetes book I have read in 20 years of research. There is an enormous amount of practical information you can use every day to gain better blood sugar control and to better understand when it goes high/low and what to do about it. I strongly recommend this book to anyone with either type I or type II diabetes or to anyone who cares for someone with the disease.

Essential for anyone with Type 1 Diabetes to have in their arsenal of reading. I am on a pump, and this is a great read, helpful, and humorous.

As the father of a TD1 toddler, this book was (and is) a great help and source of inspiration for me,

my family and my child; that she can have a perfect life with TD1. If your child has just debuted with TD1, this book will let you understand what will happen and how to manage it. As I mentioned above, as a father of a very young TD1, this book was a bliss. This is the second time I bought this book because I handed out the first copy to family members (grand parents and uncles of my daughter) for them to understand TD1. It has been two years since I first purchased it and I still go back every few months to review it. Really easy to read and fun.

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