



## MANUAL PRACTICO PARA EL PACIENTE CON DIABETES TIPO II (PAPERBACK)



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EDICIONES UNIVERSAL, United States, 2014. Paperback. Book Condition: New. large type edition. 221 x 150 mm. Language: Spanish . Brand New Book. Dr. Julio C. Pita, Jr. has a private endocrinology and diabetes practice in Miami since 1976 and is recognized internationally as a specialist in this field. This is Type II diabetes manual. The book explains what Type II diabetes is as well as the six steps that need to be followed in order to avoid getting this condition and its consequences. It is also an indispensable manual for those already diagnosed because in clear, concise, and accessible language, Dr. Pita covers a wide range of practical, medical, and lifestyle issues, beginning with coming to terms with your diagnosis and then moving on to subjects including: Choosing the diet that is best for you, the role of exercise, daily blood-glucose testing routines and understanding lab tests.



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