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Highs Lows of Type 1 Diabetes: The Ultimate Guide for Teens and Young Adults (Paperback)

By Patrick McAllister

GOOD BOOKS, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Type 1 diabetes (T1D) can be a daunting diagnosis, especially for a young kid or a teen. Patrick McAllister knows. Diagnosed with T1D at age twelve, McAllister s life changed forever, and he faced an uncertain future of insulin shots, diet regulations, and high school. If only I had a roadmap, he thought. So, years after he learned things the hard way, he decided to write one. Whether it is managing mood swings, hormones, or blood sugar levels, Highs and Lows is the ultimate teenager s and young adult s handbook for surviving, thriving, and flourishing with T1D during one of the most terrifying, yet exciting, phases of your life. Many think of T1D as a scary disease that is sporadic and uncontrollable, but after eight years of dealing with the literal and figurative highs and lows of T1D, McAllister has learned that it is more a lifestyle change. These pages detail a framework for every situation you could possibly imagine involving T1D, from coming home from the hospital after your diagnosis to preparing to leave your nest for freshman year at college. Learn how to:...

Reviews

This book might be worth a read, and superior to other. Of course, it really is engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Prof. Valentin Hane MD**

This sort of pdf is every little thing and made me seeking forward and a lot more. This is certainly for all who statte that there was not a worth reading through. I found out this book from my dad and i recommended this publication to discover.

-- **Christopher Kozey**