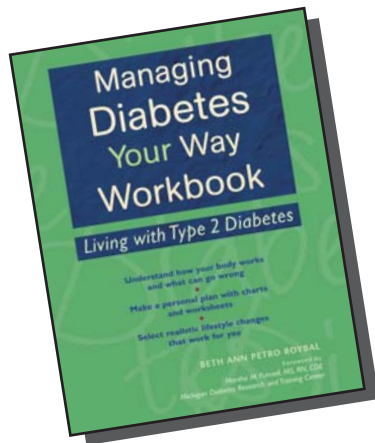


For Immediate Release

An all-in-one workbook to help people manage  
type 2 diabetes



# Managing Diabetes Your Way Workbook

## Living with Type 2 Diabetes

- Customized plans to fit individual needs
- Facts without a lot of medical jargon
- Simple ways to track progress

**Beth Ann Petro Roybal**  
\$14.95, Paper  
ISBN 1-56975-435-7  
179 pp, 7 1/2 x 9 1/2  
Health

### ABOUT THE AUTHOR

**Beth Ann Petro Roybal, M.A.**, is an award-winning writer, editor and instructional designer of health and safety publications, videos, computer-based instruction, and teaching outlines. She lives in California.

Over 15 million Americans have type 2 diabetes. Sufferers of this complex disease are soon confronted with bewildering messages about the right way to live with this disorder. Unfortunately, there is no one right way. Each person's body chemistry and lifestyle is unique, therefore each person's type 2 diabetes regimen is different. The **Managing Diabetes Your Way Workbook** takes a cutting edge approach to managing type 2 diabetes.

The first step in managing diabetes is understanding how your lifestyle—the foods you eat, your daily activities, your stress levels, and more—impact your blood sugar levels. Charting these levels is easy with widely available, high-tech blood glucose monitors. But relating these readings to a useful strategy for managing diabetes isn't as easy as one might think. Author Beth Ann Petro Roybal carefully guides readers through the steps needed to turn this information into a personal program for keeping blood glucose levels in the healthy range. Healthy glucose levels keep type 2 diabetes sufferers on the right track, helping to prevent or delay long-term complications.

Worksheets, charts and daily logs are included to help make the process less intimidating.

### Answers to questions such as:

What is the best first step to managing the disease?

What happens if someone with diabetes ignores the condition?

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