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The Diabetes Companion is a simple reference guide for the self-management of diabetes. It aims to help diabetics take control of their condition and maintain a fulfilling life despite the odds. With up-to-date information on treatment guidelines and targets, diabetes medications, and also real-life stories to illustrate points made in the various chapters, The Diabetes Companion is indispensable for the diabetic and their caregivers.

In anticipation of a wide and varied readership, the author has avoided using technical jargon where possible, and included a Glossary of Diabetes Jargon to help explain terms that are unavoidable or will add the understanding of the subject.

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