



Know Your Numbers, Outlive Your Diabetes: 5 Essential Health Factors You Can Master to Enjoy a Long and Healthy Life (Marlowe Diabetes Library)

Richard Jackson, Amy Tenderich

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Five tests are the cornerstones for monitoring your overall health with diabetes and developing a daily management plan — yet few of the more than 21 million people in the United States living with diabetes know their results of these five tests: A1c Blood pressure Lipids (HDL, LDL, triglycerides) Microalbumin Yearly eye exam Knowing your five key test results will enable you to manage your condition as successfully and fully as possible, and achieve the long and healthy life you want. Dr. Richard Jackson and Amy Tenderich walk you through how to understand each of these factors and then to create a personalized treatment plan for optimum blood-glucose control, heart health, and general diabetes management and well being.

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