



First Steps to living with Diabetes (Types 1 and 2) (First Steps series)

Simon Atkins

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What is Diabetes, and what are the differences between Types 1 and 2? What symptoms should you look out for, and what can you do to ensure you don't become a sufferer? If you have been diagnosed, what do you need to know? And what if you have a child with the condition? Dr Simon Atkins succinctly sets out the facts about this increasingly common condition. Whether you are concerned for yourself or someone else, First Steps to living with Diabetes will advise you on how it is diagnosed, conventional medical treatments, and the lifestyle changes that can help prevent Type 2 Diabetes.

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Catherine Almond:

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