

**THE FIRST YEAR: TYPE 2 DIABETES: AN
ESSENTIAL GUIDE FOR THE NEWLY
DIAGNOSED (THE COMPLETE FIRST YEAR)
BY GRETCHEN BECKER, ALLISON B. GOLD**

A Patient-Expert Walks You Through
Everything You Need to Learn and Do

The First Year:
Type 2
Diabetes

An Essential Guide for
the Newly Diagnosed

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Gretchen Becker

FOREWORD BY ALLISON B. GOLDFINE, MD

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The go-to step-by-step guide that walks you through the first days, weeks, and months of your diagnosis—fully revised and updated

Gretchen Becker was diagnosed with type 2 diabetes in 1996; over the past twenty years, she has educated herself on every aspect of the condition by reading medical texts and journals, talking with doctors, and corresponding with others who have type 2, sharing everything she's learned in a comprehensive, easy-to-use guide. Now in its third edition, *The First Year: Type 2 Diabetes* takes you through everything you need to learn and do in your first year with diabetes, offering the most up-to-date information on new medications and supplements. In clear and accessible language, Becker covers a wide range of practical, medical, and lifestyle issues, including:

Coming to terms with your diagnosis
Choosing the diet that's best for you
The role of exercise in diabetes management
Daily blood glucose testing routines
Insurance issues
Getting support
And much more

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Wonderfully Easy to Read and Educational Book

By Wayne Cannon

You won't regret getting this book!

Gretchen Becker's "The First Year Type 2 Diabetes" is very well-organized, easy to read, and wonderfully educational. It is organized based on the information you need and the amount of detail you can assimilate -- in other words, first things first, with finer points and expanded details later in the book.

The information she presents includes the most recent research. She discusses the merits and myths of the most popular diets and treatments you will hear about.

I got her book when I was first diagnosed with type 2 diabetes, before talking with a diabetes educator or

attending any classes on diabetes. By the time I was formally educated, I had already heard everything from Gretchen's book, and was also able to identify some dated traditional information. She really helped me understand why there isn't a consensus of opinion on the "best" diet for diabetics, and the source of many unfounded and/or unsubstantiated arguments for and against the popular approaches. For example, she discusses the pros and cons of the Food Pyramid (USDA, ADA), low-fat diets (Ornish, etc), exchange diets (ADA, Zone, Weight Watchers, etc), low-carb diets (Atkins, etc).

If you are in the "Your body, your science experiment" camp, she tells you several easy experiments to learn more about your own body processes various foods so you can take control and fine tune your own treatment.

173 of 175 people found the following review helpful.

Not JUST for the NEWLY diagnosed!

By K. Pierce

I have been dealing with my Type 2 diabetes for about 5 years and I recently ordered this book ..and I learned more from it than from anywhere since I was diagnosed. This is a clear, accurate, and extremely informative book. I go back and re read parts of it often and it has really made a big difference for me.. This is a disease that is difficult to understand correctly, even if you have had it a while, like I have. The up-to-date research behind this book is obvious and it is presented in a truly intelligent and articulate manner. Ms. Becker totally understands type 2 diabetes, and has been extremely helpful in my understanding of it too. How I wish I had had this book when I was first diagnosed - even just the title of the first chapter "It's not your fault" is so important - it allowed me to let go of some of the guilt and self reproach I had. No one ever told me that before! This book is *essential* for all newly diagnosed Type 2's and for the NOT SO NEWLY diagnosed too! You will have a whole new understanding of type 2 diabetes as well as empathetic support and clear information about how to help manage your diabetes. A great book!

149 of 153 people found the following review helpful.

Highly recommended for all newly diagnosed

By Mystery Lover

Having just learned that I have type 2 diabetes, I couldn't ask for a better book to refer to than THE FIRST YEAR. The book is written from the first days, weeks, and months and the order is perfect for what (at least) I have been going through. Becker understands that the reader doesn't really want to get too deep in details about the illness but tells enough that anyone can get a better picture as to what is going on with their body. The book is broken down by living and learning. One section that I found very informative is about the meters. I had no idea that they are affected by elevation. I travel to a mountainous area every year and needed to know this.

I can't say enough about this book. Anyone who is newly diagnosed with this disease should get this book and get information your doctor or educator may not tell you.

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