



# The Diabetic Male's Essential Guide to Living Well

*Joseph, M.D. Juliano*

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# The Diabetic Male's Essential Guide to Living Well

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**The Diabetic Male's Essential Guide to Living Well** Joseph, M.D. Juliano

An up-beat, take-charge daily health care manual for the diabetic

Dr. Juliano's book pulls no punches about the seriousness of diabetes; he has been blind for fifteen years due to his disease and he draws on his own experience to offer hard-won day-to-day advice. He discusses insulin and other medications and stresses the importance of self-home blood-glucose monitoring, exercise, and good nutrition. He is honest about possible long-term complications to the diabetic eye, kidney, and vascular systems, and problems such as male pattern baldness and erectile dysfunction. Above all, he believes in positive thinking to help the diabetic live well. There are a resource guide, bibliography, and selected readings.

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#### **David Gilbert:**

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