



Diabetes: Knowing about your Diabetes

Erik Smith

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Getting a diabetes diagnosis can be tough. This is amplified when you or your loved ones begin scouring the World Wide Web for information and find photo after photo of diabetic foot and other unpleasant complications.

Indeed, diabetes can be a complicated illness that affects multiple body systems.

However, since the medical field in general tends to have a fascination for gory complications, you're not likely to google photographs of perfectly normal people with diabetes living perfectly normal lives. Nor are you likely to see people who actually have complications live a life beyond their disease.

It is important to understand that your happiness is not dependent on a disease. At the same time, this doesn't mean that you should completely ignore your diagnosis. After all, just because you don't think about it doesn't mean it's not there. Instead, it's important to educate yourself about your diagnosis and live your everyday life with consideration for it.

In this guide you will learn:

A Primer on Diabetes

The Diagnosis

Problems in Diabetes

What you can do

Gestational Diabetes

And much more.

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