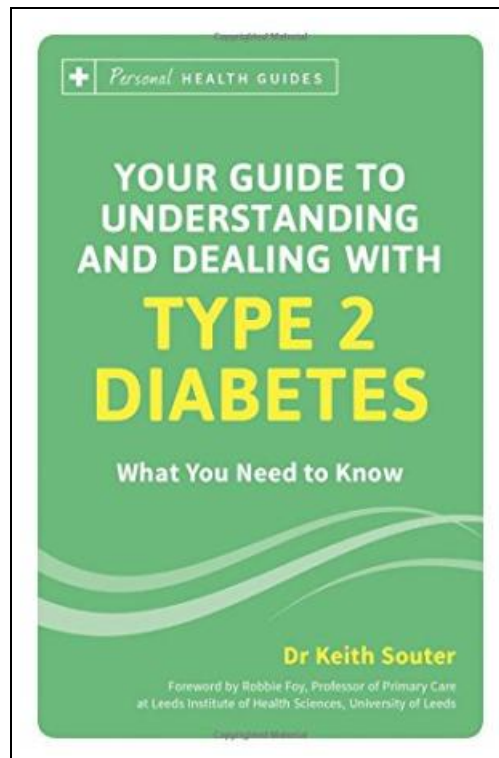


Your Guide to Understanding and Dealing with Type 2 Diabetes: What You Need to Know



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(Dr. Kim Bergnaum)

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- * The symptoms of type 2 diabetes
- * Risk factors for type 2 diabetes and how to reduce those risks
- * The various medicinal treatments and support available
- * Changes to daily routines, diet, exercise and attitude that can improve life with type 2 diabetes.

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