



**All you need to know...about Diabetes:  
Information you need to know if you have or are at  
risk of diabetes**

*Garth Howell*

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# All you need to know...about Diabetes: Information you need to know if you have or are at risk of diabetes

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Diabetes a condition where the body is unable to process sugars properly and it is a serious health problem. In the USA there were in 2010 10.9 million people suffering from diabetes aged 65 or over which relates to 26.9% of the population and is the 7th leading cause of death. In the UK there are 2.9 million people diagnosed with diabetes which relates to 4.45% of the population. Globally it is believed that there were 285 million diabetics in 2010 expected to rise to 438 million by 2030. In addition to this there are many more millions of people who have diabetes but as yet it is not yet diagnosed. It is estimated that there are 7 million such people in the USA. Once you are diagnosed there is no cure and if left untreated it can lead to heart disease, amputations blindness, kidney failure and strokes. Diabetes is one of the major challenges to the healthcare sector that exists today. It is vitally important that people make themselves aware of this condition and understand that there are simple lifestyle adjustments that can be made to avoid or control the condition to enable an active and fruitful life to be led by most sufferers of this most unpleasant disease. The purpose of this book is to increase awareness of the condition, explain in plain language the causes, and how the condition develops. It also gives advice on how diabetes can be controlled and treated with some simple lifestyle changes. As a diabetic myself this book should equip the reader to understand diabetes and to know what steps need to be taken to ensure the condition is under control.

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