

Understanding Diabetes A Simple Guide For Patients

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The diagnosis of diabetes is often frightening and causes unnecessary despair. Remember, there are millions of men, women and children who have diabetes. Recent studies reveal that one in every twelve urban Indian above the age of forty is likely to be diabetic. You are lucky, as unlike others, whose diabetes is undiagnosed your diabetes has been detected and steps can be taken to prevent problems associated with diabetes. Although there is no known cure of diabetes, with modern treatment, you can hope to lead as normal, as active and as useful a life as any other person.

Unlike other disorders, good control of diabetes requires active involvement of the patient and it is essential for you to have a good understanding of diabetes and its therapy.

The book aims to serve as an introduction to understanding diabetes. It will help plan your discussion with the health care professionals who would be involved in treating your diabetes. The book aims to answer the questions most commonly raised by persons with diabetes and their relatives. It has been written in an easy to read question and answer format. It would be good if your immediate family and friends also go through this book. This would help them understand your disease, your special needs and adjust to the new situation.