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The Complete Diabetes Prevention Plan is a guide to halting the development of diabetes. In clear, accessible language, it explains the stages of diabetes and how the disease process can be arrested. It provides dietary guidelines for preventing diabetes, weight-loss tips, and exercise suggestions.

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The Diabetes Prevention Program (DPP) was a 27-center randomized clinical trial to determine whether lifestyle intervention or pharmacological therapy (metformin) would prevent or delay the onset of diabetes in individuals with impaired glucose tolerance (IGT) who are at high risk for the disease . Recently, it was reported that both the lifestyle intervention and metformin were effective in decreasing the incidence of diabetes.

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The Complete Diabetes Prevention Plan is a guide to halting the development of diabetes. In clear, accessible language, it explains what prediabetes is, who is most at risk, the "stages of diabetes," and how the disease process can be arrested.

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Christopher Saudek (Author)

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4.0 out of 5 stars The Complete Diabetes Prevention Plan. July 28, 2010. Format: Paperback Verified Purchase. If you want to learn the ins and outs about diabetes, this is the book. Great, detailed information presented in laymans terms. The only drawback is that it does not give the sugar content in the recipes.

~~The Diabetes Prevention Program (DPP)~~

Prevention. Get smart about risks and diabetes prevention. With early detection and awareness, you can take steps to prevent or delay the onset of type 2 diabetes. Overweight? Know the impact. If you're overweight, it impacts more than your risk of developing type 2 diabetes. It leads to unhealthy cholesterol, high blood pressure, heart ...

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The Complete Diabetes Prevention Plan: A Guide to Understanding the Emerging Epidemic of Prediabetes and Halting Its Progression to Diabetes. Looks at the prevalence of prediabetes syndrome in modern society and offers advice for stopping the disease process; provides dietary guidelines, weight-loss tips, and exercise suggestions; and includes more than 150 recipes.

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The Preventing Diabetes in Virginia Strategic Plan was supported by a grant that the Virginia Department of Health was awarded from the Centers for Disease Control and Prevention (CDC). Its contents are the sole responsibility of the authors and do not necessarily reflect the official

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