

“Diabetes – The Essential Guide” by Sue Marshall helps raise awareness of the condition

Submitted by: Desang Limited

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Diabetes – The Essential Guide was published on 1st November 2008, providing extensive knowledge for someone with diabetes, their parents, carers, friends or colleagues. The book reflects the phenomenal rise in the number of people who are being diagnosed with the condition.

This guide can be used by the newly diagnosed, or someone who just wants to find out more about what a diagnosis of diabetes means. It includes medical information about the condition and the types of medication available, and practical advice about how to manage it. Information covering food, carb counting, blood testing, pregnancy, travelling, exercise, and children with diabetes (including advice for teachers) is also looked at in detail. The clear chapters and step-by-step approach allow the reader to locate and take in the information quickly.

The extensiveness of the guide enables anybody to pick up and begin reading, whatever their questions. They can be confident that what they need to know is neatly slotted in to this handy reference book.

Author Sue Marshall Sue Marshall (http://www.desang.net/index__pageid_57.php) was diagnosed with Type 1 (insulin dependent) diabetes in 1972, when she was five years old. Now 41, she has lived with the condition for more than 35 years. She says: “With some good advice, some understanding of what you’re eating and the effect it has on your blood sugars, as well as a healthy dose of discipline, you can find a balance between having a chronic condition and having a life.”

Sue is an expert on the range and purpose of current diabetes management equipment diabetes management equipment (<http://www.desang.net/diabetesdirectory>), which she says has “changed significantly in the last three decades since I was diagnosed”. The improved equipment goes hand-in-hand with improved medications and medical knowledge, much of which is connected with the role of diet and behaviour in diabetes management.

Sue set up Desang, a company selling [diabetes kitbags](http://www.desang.net) and other [diabetic gifts](http://www.desang.net) in 2003 to kitbags and other diabetes management equipment. The kitbags are simple carriers designed by Sue for transporting diabetes medication and monitoring equipment. Keeping diabetes management equipment safe and in one place means it gets used – leading to improved diabetes control.

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The range of kitbags now sells worldwide and word of mouth is spreading. Some people buy kitbags to organise themselves, others, to organise a partner or a child. Many find them very useful for holidays or business travel.

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Published on 1st November 2008 by Need2Know (the imprint of People's Publisher Forward Press that focuses on overcoming problems), "Diabetes – The Essential Guide" is priced at £8.99. It is the nineteenth book in the series and is available now from www.need2knowbooks.co.uk

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