



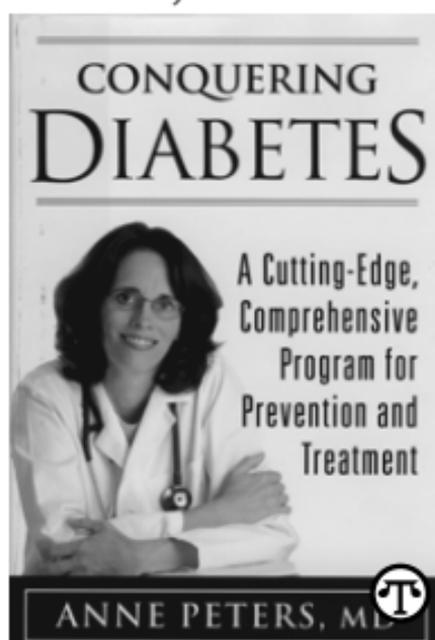
Books Worth Reading

Conquering Diabetes

(NAPSA)—There's bad news and good news about diabetes.

The bad news is that more than sixty million Americans have diabetes and don't even know it. Even worse, about 45 million people are at risk for developing the disease.

The good news, found in "Conquering Diabetes" (Hudson Street Press, \$24.95), by Dr. Anne Peters, is that in some cases, dia-



betes can be prevented. Also good news, says Peters, is that with proper treatment, people with diabetes can add decades to their lives.

To take advantage of this good news, it's important to be informed and proactive. You need to know the risk factors and how to reduce them, when it's important to get tested and why it's important to make lifestyle changes. You also need to stay up to date on the latest medications, something many doctors don't have the time for.

When swimmer Gary Hall, Jr. was diagnosed with diabetes and told his swimming career was over, he consulted Dr. Peters. After five months of treatment, he not only continued swimming but went on to become a five-time Olympic gold medalist.

In her new book, Peters shares the latest information on every aspect of diabetes, including what foods to eat/avoid, which drugs help/hurt and how to get the best possible care.