



AN INTEGRATED APPROACH TO DIABETES MANAGEMENT

THE CHALLENGE

Diabetes – both Type 1 and Type 2 – are complex and debilitating diseases if not properly managed. Complications can range from mild to severe to fatal, and many diabetics remain unaware that most diabetes complications can be mitigated through changes in diet and lifestyle.

While healthful dietary and lifestyle choices will allow many diabetics to live more fully happy, healthy and productive lives, and limit their dependence on certain treatments and medications, this approach is not a substitute for sound and personalized medical advice and self-monitoring glucose levels.

THE SOLUTION

Many aspects of diabetes can be self-managed by living actively and mindfully. When done in combination with healthful eating, the focus is on the overall health of the individual. We at DDF advocate this integrated approach as an essential aspect in the management of Diabetes. Our goal is preserving the whole complex human system, not merely masking the underlying problems that do nothing to prevent the degradation of the whole.

Knowledge is power, and action taken from that knowledge produces results. We invite you to explore our site and arm yourself with the important knowledge and support you need to properly both self-manage your diabetes, and to formulate a more personalized and integrated treatment plan with your doctor.



For more information visit
defeatdiabetes.org