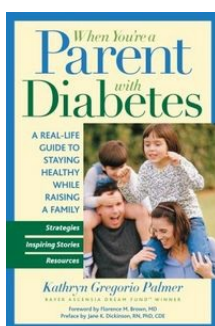


WHEN YOU'RE A PARENT WITH DIABETES: A REAL LIFE GUIDE TO STAYING HEALTHY WHILE RAISING A FAMILY

Finding the time and energy to maintain a healthy diet and exercise program is a challenge for any parent—but it can be a matter of life and death for parents with diabetes. Diabetes in pregnancy, if poorly controlled, can increase the risk of miscarriage, birth defects, and prematurity. Mood swings and personality changes during a parent's spells of low blood sugar can frighten young children. And even on good days, it can be difficult for a parent to remember to check their glucose levels...



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When You're a Parent With Diabetes: A Real Life Guide to Staying Healthy While Raising a Family

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| Author | Kathryn Gregorio Palmer |
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Reader's Opinions

I loved it! It's a quick, easy read (and honestly when you're a parent - nevermind one with D, who has time to read?), the author's "voice" really shines through (some days, I swear Kassie is my long lost sister!), and I love that its written by someone who lives with these challenges day in and day out, instead of some pushy MD that...

I should return to this when I'm in the thick of parenthood. It made me think about some things, contemplating how I might handle different situations. I would say it includes reminders of things we all already know but have a tendency to push off or ignore in the course of daily life. It's not deep and it isn't really a how-to, it's...