



Management of Diabetes Mellitus: A Guide to the Pattern Approach, Sixth Edition

By Diana W., Dr., PhD, BC-ADM, CDE, FAADE Guthrie, Richard A., Dr., MD, FACE Guthrie

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"I strongly recommend this text. Whether the reader is a relative novice or a seasoned veteran in diabetes care, the information will prove useful and concise and will likely stimulate further reading and study. House staff planning to rotate on my endocrine service should be forewarned: Management of Diabetes Mellitus: A Guide to Pattern Management is now required reading."

--JAMA

Praise for the previous edition

"I recommend this book to nurses or physicians confronting patients afflicted with diabetes mellitus, as it presents a patterned approach to the understanding and management of this malady. Any patient with diabetes mellitus or health care professional using the information presented by these experts would be well prepared to manage this disease process"

--Gloria K. Twilley,
Lieutenant Colonel
United States Air Force
Nurse Corps

The sixth edition of *Management of Diabetes Mellitus* fully reorganizes and expands upon the previous editions. While the new edition continues to set forth practical and easy-to-use guidelines for management, the newly expanded chapters contain detailed information on managing patients with different types of diabetes (type 1 and type 2), and further differentiates treatment and management strategies for various age groups. This edition also offers clear and concise explanations of the disease process, newly revised guidelines for the use of complementary and alternative therapies, and a guide for developing an educational program.

Guthrie and Guthrie also stress the importance of self-management of diabetes,

as much of this edition is dedicated to educating the diabetic patient on how to provide self-care, and control both acute and chronic complications of the disease. For the convenience of practitioners and diabetic patients themselves, this book contains reproducible forms, protocols, and guides that can be used for managing diabetes, including:

- Nutrition questionnaires
- Meal patterns comparing exchanges
- Carb Counting and Calorie Points
- Sample Calorie Point Distributions
- Exercise Log
- Intake Assessment Guide
- Clinical Practice Recommendations
- A guide to the "pattern approach"

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Editorial Review

Review

Praise for the previous edition

"The authors are very thorough and provide a complete and practical reference for the holistic management of diabetes. It is a useful addition to the library of anyone who cares for diabetic patients."

--Inez Wendel, MS

Johns Hopkins University

"Diana W. Guthrie and Richard A. Gurthie have dedicated 40 years to the treatment of individuals diagnosed with diabetes. Their reputation is well known and well deserved. Reading this text is what I would imagine being on rounds with them would be like. Information is distilled down to the essence, their advice is practical, and their suggestions are achievable....Overall, this text is a joy to read."

--Richard J. Barth, MD

Sanford Clinical Diabetes & Thyroid

University of South Dakota School of Medicine

Sioux Falls

JAMA, Book and Media Reviews

From the Back Cover

"

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Karen Lawless:

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