



Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin--Completely Revised and Updated

By Gary Scheiner

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Few diabetes books focus specifically on the day-to-day issues facing people who use insulin. In this fully updated and revised edition, diabetes educator Gary Scheiner provides the tools to “think like a pancreas”—to successfully master the art and science of matching insulin to the body's ever-changing needs. Comprehensive, free of medical jargon, and packed with useful information not readily available elsewhere, this new edition covers the many strides taken in diabetes education and management since the first edition seven years ago.

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includes critical information, such as day-to-day blood glucose control and monitoring, designing an insulin program to best match your lifestyle, up-to date medication and technology, and new insulin formulations and combinations.

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DiabetesMine.com, 2/21/12

"*Think Like a Pancreas* covers essentially anything and everything you'd need to know about living with diabetes."

About.com, 3/1/12

"This highly practical, humorous, and detailed guide covers it all."

Eat Healthy, Live Well (blog), 3/8/12"In his down-to-earth approach he offers a plethora of innovative out-of-the-box tips for taking care of the everyday, literal and figurative, ups and downs of diabetes using insulin...a terrific addition to your diabetes bookshelf." *Library Journal*, 3/29/12"Striking a balance between a casual and professional tone, Scheiner presents this material in an approachable manner...Recommended for public and consumer health libraries, especially those with the first edition."

HealthCentral.com, 8/21/12

"So readable that I found myself wanting to read every word of it when I picked it up with the intention of just skimming through it...The best guidance anywhere for people using insulin or thinking about it."

Diabetes Forecast, February 2014

"With the author's amiable voice and reasonable take on diabetes management, this is a far cry from a stuffy disease book."

2014 Diabetes Educator of the Year, American Association of Diabetes Educators

About the Author

Gary Scheiner, MS, CDE, is a certified diabetes educator, insulin-pump user and trainer, and exercise physiologist. He serves on the board of directors of the Juvenile Diabetes Research Foundation and lives in Pennsylvania.

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