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# HealthSmart: Diabetes Personal Care Organizer

*Muriel MacFarlane R.N. M.A., Eugene Kalnitsky M.D.*

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*Muriel MacFarlane R.N. M.A., Eugene Kalnitsky M.D.*

**HealthSmart: Diabetes Personal Care Organizer** Muriel MacFarlane R.N. M.A., Eugene Kalnitsky M.D. Keep diabetes at bay, day to day.

With tables, charts, and a dedicated journal section, this book will help track weight and glucose levels, plan meals and put together an exercise routine, document doctor visits and organize insurance claims and bills, track and monitor the effects of various medications, and more.

€ According to the CDC, 6.5% of the U.S. population has diabetes and another 2% (5 million people) have it, but don't know it yet-a staggering 32% increase since 1990
€ This book's workbook elements will supplement a diabetic's self-care efforts

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