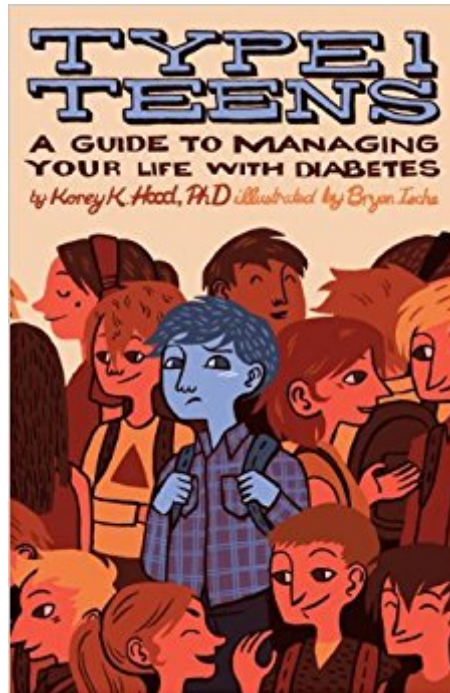




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# Type 1 Teens: A Guide To Managing Your Diabetes



## Synopsis

Provides teens with a variety of strategies and tips to manage their day-to-day lives with Type 1 diabetes. It gives teens honest and straightforward facts and advice on a host of important issues, including dealing with family and friends; navigating school and future plans; relationships and sex; and alcohol and drugs. This primer on the basics of life with Type 1 diabetes empowers teens to be their own best advocates and helps them acquire the psychological and social tools to prepare for a long, healthy life.

## Book Information

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[Diseases & Physical Ailments > Diabetes > General](#) #2603 in [Books > Medical Books >](#)

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## Customer Reviews

Grade 9 Up  
Hood addresses readers directly in this guide, beginning with section and chapter titles like "Diabetes Is Yours...Deal with It" and "Get Your Priorities Straight," which firmly establish the importance of teens being advocates for themselves. The book's structure is easy enough to follow: aspects of teen life (peer pressure, family, school, sexual health) affected by diabetes get thorough coverage by way of explanations of the chapter's objective examples and a concluding summary called "Putting It All Together." Tips on overcoming barriers to taking care of oneself, communicating with friends and family, and recognizing a team of supports will help affected teens take charge of their conditions. While there are some strategies here that all teens could benefit from, like ways to achieve a compromise and the steps for problem-solving, the book is geared for more personal use by young people dealing with the disease.  
Joanna K.  
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With conversational prose, contemporary references, and scenarios that will resonate with teens, clinical psychologist Hood offers an accessible, supportive resource for youth diagnosed with type-1 diabetes. Covering a broad array of topics, from preventing “diabetes burnout” to managing medical needs in multiple settings, Hood provides practical advice about coping strategies, decision making, and even conflict resolution. Each chapter features an informative overview followed by specific facts and a summary, and quizzes, checklists, and sample scripts enliven the text. Throughout, Hood emphasizes the importance of professional medical care and the value of self-advocacy and support. Also offered are frank guidelines for how diabetes may impact alcohol and drug use as well as sex. This direct, positive, encouraging title will help teens prioritize and manage their diabetes for better emotional and physical well-being. General medical information and suggested resources, including organizations to contact, round out the appended material. Grades 9-12. --Shelle Rosenfeld

This book was recommended to us from a nurse at Kosier Children's Hospital when my son was diagnosed with type one diabetes. I've been told that it is a good book for a newly diagnosed teen to read and also the parents.

Really didn't learn anything new or insightful from this book. Was especially disappointed with the section on how to cope with friends that exclude or make fun of diabetes. This book just basically skimmed the topics without offering any real solutions.

Thanks , highly recommended.

Not really diabetes focused. Just a lot of nothing here.

Bought this book to get a better understanding what teens think, worry and wonder about when diagnosed with Type 1...then planned on giving it to a teen I know. However, instead of showing a bunch of happy, healthy teens on the cover it shows one unhappy looking kid colored blue who looks different than everyone else...yep, he's the character with Type 1. Throughout the book he is shown looking downcast and glum which casts a negative shadow over the content. Does a teen with Type 1 look unhappy and different? I think not! Are they different in some ways -- of course

they are. The book has a lot of sound practical upbeat advice and valuable information. Too bad the art fights with the content. I don't get it -- what were the editors & publisher thinking?BG

Being different seems like an easy ticket to being an outcast. "Type 1 Teens: A Guide to Managing Your Life with Diabetes" is aimed at teens facing diabetes who want to live their life as any other teen would. Faced with the challenges of teenage life, it can be hard to manage one's disorder well, but Korey K. Hood gives readers a wise collection of advice and wisdom. "Type 1 Teens" is a fine gift for any teen in such a predicament or for any teenage health collection.

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