Diabetic Information for Teens: Health Tips About Managing Diabetes and Preventing Related Complications

Teens, in general, will benefit from lifestyle choices in this trend. She emphasizes the role of type 2 diabetes in the statistics of the increasing prevalence. Furthermore, the editor cites the importance of lifestyle intervention (diet, exercise, behavior modification) in reducing the risk of developing diabetes. Part I concludes with statistics on prevalence, death, and cost and a brief overview of related physiologic complications.

The strength of part II is its focus on the basic facts about insulin. The types of insulin are discussed and the characteristics of each type (onset, peak time, duration) are explained. Information on the injection site is comprehensive and includes considerations for choosing the most effective injection site, developing a site rotation plan, and the effects of the site on absorption. Valuable information on safe storage and traveling with insulin is provided. The advantages and disadvantages of syringe versus pump as methods of insulin delivery are discussed. The future possibilities for insulin delivery are briefly addressed.

Diabetes Information for Teens organizes these topics into 6 parts.

Part I describes diabetes as a metabolic disorder and gives a simplified explanation of the glucose-insulin interaction. It defines the 2 types of diabetes, lists the risk factors for developing type 2 diabetes, identifies the signs and symptoms, reports the prevalence in different ethnic groups, and addresses the role of genetics. Readers are given a concise and complete explanation of diagnostic testing with well-organized tables that list the positive and negative test results. A short chapter on prevention follows. It is well documented with reports of studies on the effect of lifestyle intervention (diet, exercise, behavior modification) in reducing the risk of developing diabetes. Part I concludes with statistics on prevalence, death, and cost and a brief overview of related physiologic complications.

Day-to-day living with diabetes is the topic of part IV. Chapters in this part present tips for creating a healthy meal plan along with examples of specific foods and food groups. Tips for “eating-out,” the school cafeteria, and snacks directly target the challenges faced by teens in their peer groups. Physical activity and the effect of exercise on metabolism are discussed for mild exercise, such as walking the dog, to the intensity of the student athlete. The chapter on the student athlete discusses carbohydrate loading, diet during and after training and competition, and creating a monitoring plan to effectively match insulin treatment schedules with exercise schedules.

Part V discusses the psychological aspect of living with a disease process. It provides suggestions for developing successful and open relationships with family, friends, and coworkers, for self-acknowledgment, and for the education of others. Part VI is a reference section that the reader can use to gain more comprehensive information about each topic presented in the text.

This text is directed to the teen population and would be an excellent library resource for a health class or for the teacher as a reference for class preparation. It can, however, serve a much wider audience. The clinical educator on diabetes may find it valuable to educate the newly diagnosed cli-
ent regardless of age. It also would be an excellent reference and education tool for a preventive medicine seminar on diabetes. It is also recommended as reference in the physical therapy clinic.

Judith Verbanets
J Verbanets, PT, Sharp Rees Stealy Medical Group, San Diego, Calif.


Stroke (American Academy of Neurology Press Quality of Life Guide Series)

This book is intended to be a guide to the complex topic of stroke for patients and their families so that they may better understand the condition and cope with its consequences. I believe it may also be a comprehensive review and updates for health care professionals entering a stroke care setting who want to refresh their knowledge. Topics include a definition of stroke and possible causes, risk factors and prevention, brain anatomy and function, medical tests and treatments, possible complications and dysfunctions following a stroke, recovery and rehabilitation, the effect of one person's stroke on other people, and a look to the future of stroke care.

The introductory chapters describe, in simple terms, the causes and types of strokes. Black-and-white figures describe the different brain structures and show how they are affected by either hemorrhagic or ischemic strokes. Then, the cardiovascular conditions that can lead to stroke (eg, atherosclerosis, hypertension, embolism, atrial fibrillation, myocardial infarction, heart valve malformation, and aneurysm) are described in text and drawings. A discussion of risk factors and how to manage them in order to prevent stroke follows. This includes managing hypertension or stopping smoking.

Next, the author describes the functions of different parts of the brain and the cerebrovascular supply, which leads the reader to a clear understanding of stroke symptoms when one of these brain structures is damaged. The tests and measures that may be used to diagnose a stroke and its cause are explained. Black-and-white pictures of angiograms illustrated by computed tomography and magnetic resonance imaging scans illustrate how these tests help the physician diagnose the cause, location, and extent of a stroke.

Diagnosis leads logically to the next chapter on the medical management after a stroke. This chapter includes pharmacologic and surgical interventions, such as the thrombolytic agent tissue plasminogen activator (t-PA), endarterectomy, or angioplasty and stenting for ischemic situations, and surgical corrections and lowering of blood pressure for hemorrhagic conditions. Because many other complications may arise, individual patient examples are included to demonstrate the complexity of treatment decisions for this patient group.

The description of the rehabilitation process and recovery from the changes after a stroke includes a good overview of the role of physical therapists and other health care professionals. The descriptions of the physical, cognitive, behavioral, and emotional changes that may occur are easy for a patient or loved one to understand. A positive outlook is shared with the reader, and encouragement that most patients do improve is given. This encouragement is extended in a practical way in the appendix titled, "Tips for Stroke Heroes and Those Who Care for Them."

Four patient case examples conclude the book, providing complete stories covering details from prestroke medical history to several months after stroke and well into the recovery phase. Another appendix, “Negotiating the Insurance Maze,” is a helpful tool for anyone who may experience any hospital stay, not only for those with stroke.

Stroke is a comprehensive and easy-to-read book that explains many aspects of this health problem. Similes and metaphors are used to simplify complicated concepts; for example, blocked or leaking blood vessels are compared to a sink and the pipes leading toward or away from it. It also presents an accurate description of rehabilitation in the United States today. The glossary is helpful, but could be improved by including more of the medical terms used in the book. Some of the figures would be clearer if they were in color. A list of suggested reading offers an interesting collection of books and articles for those who wish to learn more. I would recommend this book to health care professionals and the general public alike.

Janice Bohn
J Bohn, PT, NCS, Alexian Rehabilitation Hospital, Elk Grove Village, Ill.