



Losing Weight with Your Diabetes Medication: How Byetta and Other Drugs Can Help You Lose More Weight than You Ever Thought Possible

(Marlowe Diabetes Library)

David Mendosa

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Losing weight can make managing your diabetes easier while preventing and improving—even possibly reversing—common diabetes-related complications. Countless people with diabetes face the challenge of controlling their weight while successfully managing their medical condition—because many diabetes drugs actually *promote* weight gain. In the first-ever investigation of its kind, *Losing Weight with Your Diabetes Medication* clearly lays out everything you need to know about your treatment options and how they affect your weight, as well as a 360-degree analysis of cutting-edge new drugs like Byetta that are revolutionizing diabetes care. One of North America's leading diabetes journalists and patient-advocates, David Mendoza provides this information alongside everything you need to know to manage your weight and your health, including: An A-to-Z rundown of dozens of diabetes drugs and how they affect your weight Other weight-loss drugs that can directly improve your diabetes management Overview of Byetta and other revolutionary GLP-1 drugs and how they work best for you Tips for incorporating exercise into each day without changing your schedule Choosing the most nutritious, low-glycemic index foods to maximize weight loss In-depth resources and prescribing information *Losing Weight with Your Diabetes Medication* is an essential and inspirational breakthrough for diabetes patients who want to take control over their condition, end the cycle of ineffective diets, and finally shed unwanted weight.



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