



Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin

M.S. Gary Scheiner M.S.

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Think Like a Pancreas: A Practical Guide to Managing Diabetes with Insulin M.S. Gary Scheiner M.S. There are dozens of books about managing diabetes, but none focuses specifically on using insulin. Now, in *Think Like a Pancreas*, certified diabetes educator and type 1 insulin user Gary Scheiner gives readers everything they need to know to "think like a pancreas," i.e., to successfully master the art of matching insulin to the body's ever-changing needs. A comprehensive, supremely practical guide free of medical mumbo jumbo, *Think Like a Pancreas* discusses day-to-day blood glucose control and monitoring; measuring and matching insulin to carbohydrate intake; the pluses and minuses of different insulin-delivery methods; hypoglycemia; exercise; the impact of emotions, stress, and illness; and the dozens of other issues that everyone taking insulin needs to master. A book that is long overdue, this first-ever, indispensable, all-in-one resource will enlighten and inspire the four million people whose lives and well-being depend on daily insulin intake.

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