



# Joslin's Diabetes Deskbook: A Guide for Primary Care Providers

*Richard S. Beaser*

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## **Joslin's Diabetes Deskbook: A Guide for Primary Care Providers** Richard S. Beaser

Joslin Diabetes Center is pleased to introduce the Third Edition of Joslin's Diabetes Deskbook - A Guide for Primary Care Providers. Primary care practitioners, nurse practitioners, RNs, RDs and other healthcare professionals are increasingly called upon to treat, work with or advise the growing numbers of people with diabetes. Recognizing that these primary care professionals are on the frontline of diabetes treatment, Joslin has produced Joslin's Diabetes Deskbook to offer its expertise and guidance in this effort. This Third Edition is completely revised to provide evidence-based information about diabetes and its complications along with the most up-to-date approaches to the diagnosis, management and treatment of the disease. Every chapter of the Deskbook has been updated for the Third Edition - including: Medication Summaries Diagnostic criteria and screening at-risk patients Collaboration strategies and conversation starters to engage patients for improved outcomes Topics of value to primary care providers included in the Deskbook are: diagnosis; oral medications and their use singly or in combination; designing insulin treatment programs; the role of medical nutritional therapy and exercise; risk reduction and treatment of microvascular and macrovascular complications; dealing with gender-specific issues; and educating diabetes patients so they can effectively engage in diabetes self-management. Other unique features include: Guides for specific insulin regimens Guidelines for insulin adjustment Insulin adjustment guidelines for exercise Checklist for initiation, design and revision of a diabetes self-monitoring program Patient nutrition assessment Checklist for diabetes medical history/physical exam/laboratory assessment Checklist for the evaluation of a woman with diabetes who wishes to become pregnant Intensive insulin therapy algorithm

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