



# **Outsmarting Diabetes: A Dynamic Approach for Reducing the Effects of Insulin-Dependent Diabetes**

*Richard S. Beaser*

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From the world-renowned Joslin Diabetes Center and the coauthor of the million-copy seller, *The Joslin Diabetes Manual*, this book is based on the results of the ten-year Diabetes Control and Complications Trial (DCCT) from the National Institutes of Health--which proved that intensive control, opposed to standard methods, greatly reduces the effects of diabetes and the risk of long-term complications.



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