



Diabetes Through the Looking Glass: A Book for Parents of Children with Diabetes

Dr Rachel Besser

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Winner of the 2010 Minty Medico-Legal Society Prize: Best Healthcare Book for the General Reader! A childhood diagnosis of Type 1 diabetes can be devastating for the whole family. Parents and children both worry for the future and how diabetes will affect their lives. For parents these concerns can be compounded by not fully understanding what your child is really going through. Dr Rachel Besser, a pediatrician specializing in childhood diabetes, was herself diagnosed with Type 1 diabetes when she was a child. Through her work with families affected by diabetes, she realized that many parents are desperate to understand how it feels to live with the condition, and wonder what they can do to make their child's experience as positive and uncomplicated as possible. Combining her own experience with interviews with children and adults who share their stories, Dr Besser provides an illuminating insight into what it feels like to grow up with diabetes. Covers: The different phases of diagnosis and acceptance - Hypos, blood tests and injections - Food and eating - School and the teenage years - Family and friends - Life beyond home

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