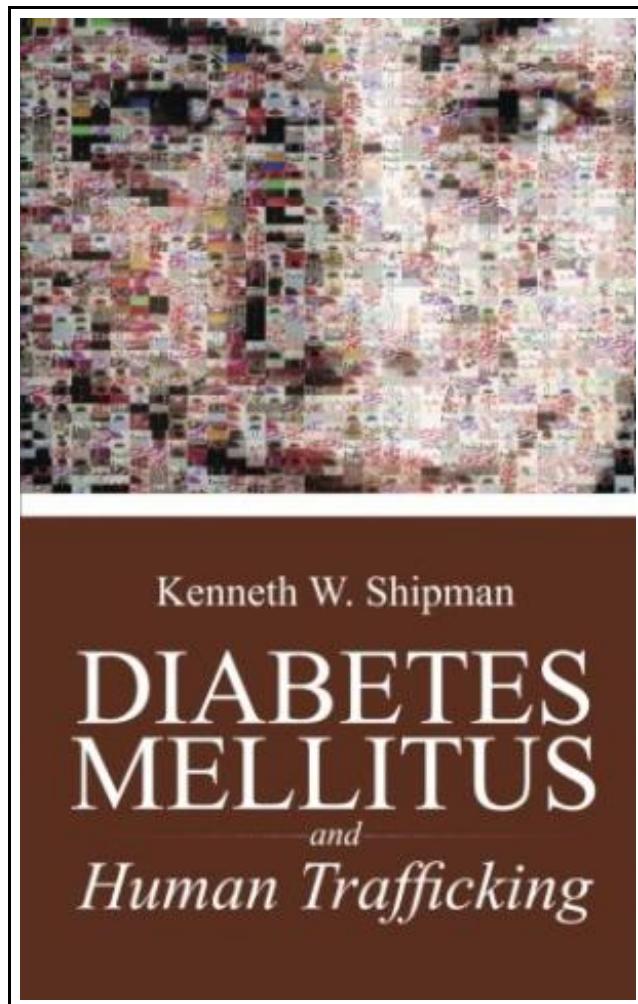


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iUniverse, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.People with diabetes mellitus experience health-literacy and self-management problems from the first days of diagnosis. As the tedium of detail and the continuous responsibility for well-being are realized, the self-efficacy of the individual is challenged (Polonsky, 1999). In addition, an exhaustion of physical, mental, and emotional strength may eventually impair motivation to self-manage this chronic illness. Stress often results from the continuing challenges required for successful management of the disease (Sperry, 2008). Management decisions are stressful as the diabetic strives to balance medication, diet, and exercise in order to reduce co-morbidities, complications, and end-stage progression. Because of the stresses involved, many diabetics suffer psychologically for years before experiencing the physical complications of the disease. More people die yearly from diabetes than from breast cancer and AIDS together (ADA, 2010). Diabetes management products, and their illusion of hope for living with diabetes, are not matched with the challenge of integrating health-literacy and self-management skills (Polonsky, 1999).

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