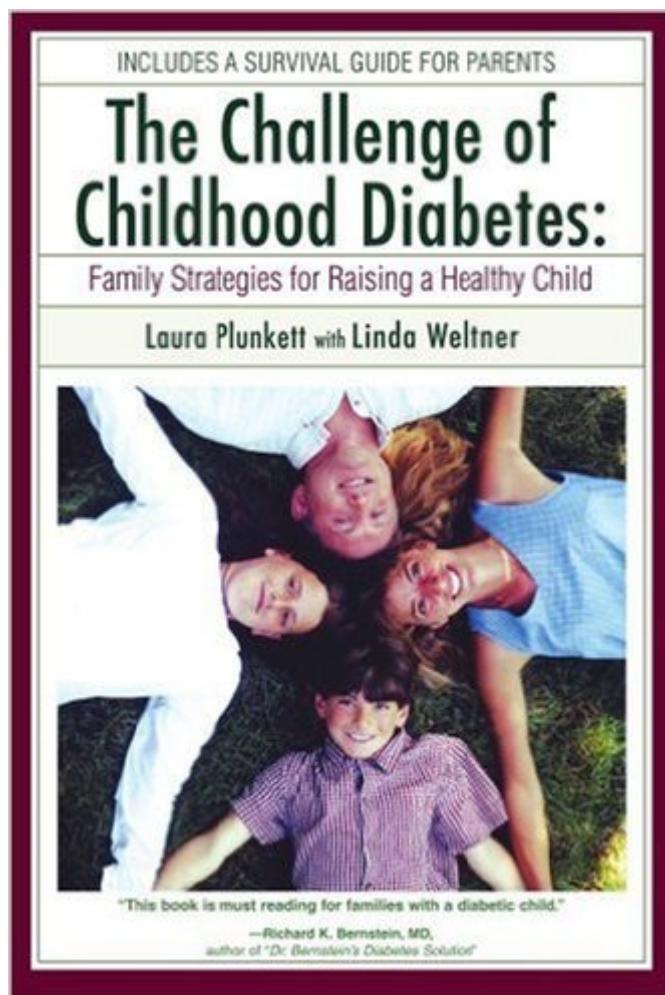


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# The Challenge Of Childhood Diabetes: Family Strategies For Raising A Healthy Child



## **Synopsis**

When seven-year old Danny was diagnosed with juvenile diabetes, his mother Laura Plunkett desperately searched for ways to help her family cope with his life-threatening disease. Feeling anxious and overwhelmed, she struggled to manage wildly fluctuating blood sugar numbers, transform her reluctant family's diet, educate friends and teachers, and balance her family's needs with her own. Over time Danny attains excellent blood sugar control and the family reaches a new and comfortable sense of normal. To help others weather such shockingly new circumstances, Plunkett and her extended family share their three-year journey from crisis to confidence with humor and warmth. An intimate look at issues of diet, exercise, communication, sibling rivalry, medical care, and holistic medicine, *The Challenge of Childhood Diabetes* is the friend, coach, and consultant that the family of every newly diagnosed child will turn to on a daily basis. It includes a Survival Guide for obtaining support, maintaining self-care, developing family strategies for coping with the disease, and achieving emotional perspective. *The Challenge of Childhood Diabetes* is insightful and compassionate, filling the void between doctor's visits with the comforting voice of a loving and experienced caretaker. It's an invaluable resource for extended family, friends, teachers, neighbors, and medical professionals. Visit [www.challengeofdiabetes.com](http://www.challengeofdiabetes.com) for more information.

## **Book Information**

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## **Customer Reviews**

This book, I think, is intended for families with children newly diagnosed with type 1 diabetes and their friends. Having a child with Type 1, I have been through many of the ups and downs described in the book. The most valuable part of the book is Plunkett's demonstrating, through her family's

story, how unpredictable, inscrutable, and frustrating managing type 1 diabetes can be. Understanding that you don't just get your doses right and then sail through with even blood glucose is something it took me over a year to realize. This book could make you feel that you're not alone in this aspect of diabetes management. However, much of this book could be alarming to parents trying to manage a newly diagnosed child. For example, she describes at length her efforts to extend the honeymoon period of her son's disease. This part might sow seeds of doubt-- should readers also seek out an acupuncturist, do reflexology? Most diabetes health care professionals would probably say no -- there has been no clear medical evidence that such therapies help-- but this book pretty clearly advocates for alternative medicine. Moreover, she conveys a sense that less insulin = good and more insulin = bad. Here's a typical quote: "The day before his first acupuncture treatment, Danny had had three shots and a total of fifteen units of insulin. A week after the treatment, he was on one shot of 6 units!" This is an unhealthy way to view the disease. Finally, most of this book concerns managing a child using multiple daily insulin injections, an approach that fewer families adopt now, as more and more children are using insulin pumps.

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