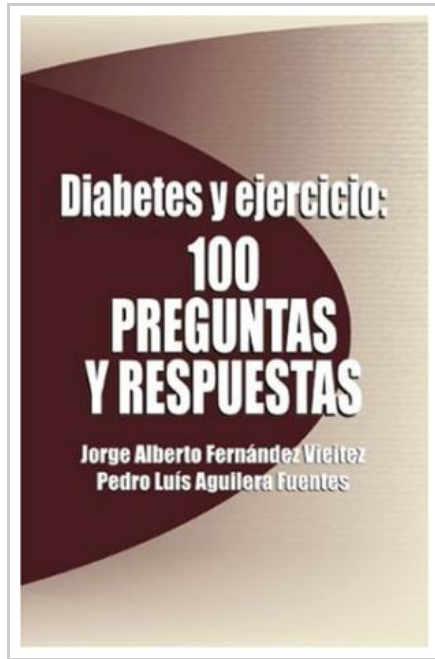




Diabetes y Ejercicio: 100 Preguntas y Respuestas

By Jorge Alberto Fernandez Vieitez

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la que por medio de un diseo de preguntas y respuestas se describen los pormenores sobre la aplicabilidad del ejercicio fsico como modalidad teraputica y profilctica de inters en el tratamiento y prevencin de la diabetes mellitus. El libro se divide en cinco captulos que describen aspectos de inters tanto para el paciente diabtico como para los profesionales de la salud encargados de su atencin. Aunque se utiliza un lenguaje asequible, desprovisto en la mayor medida posible de trminos mdicos, los temas tratados se abordan con un alto nivel de actualizacin cientfica. Por ello, si bien es cierto que el libro va dirigido fundamentalmente a un lector no versado en los temas de la medicina, tambin puede ser consultado por endocrinlogos, especialistas en medicina familiar, fisioterapeutas, nutricionistas y otros profesionales del campo de la salud y la biologa humana. El propsito fundamental de esta obra ha sido contribuir a incorporar cada vez ms al paciente diabtico y a aquellos individuos en riesgo de desarrollar dicha afeccin, a la actividad fsica sistemtica y adecuadamente dosificada, la cual constituye uno de los medios del arsenal moderno...



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