

randolph diabetes and wellness

Randolph Diabetes and Wellness: Your Guide to a Healthier Life

Are you searching for reliable diabetes care and wellness resources in Randolph? Living with diabetes can feel overwhelming, but finding the right support and resources can make a world of difference. This comprehensive guide explores everything you need to know about diabetes management and wellness options available in Randolph, helping you navigate your journey towards a healthier, happier life. We'll delve into local resources, practical tips, and the latest information to empower you to take control of your health.

Understanding Diabetes in the Randolph Community

Diabetes is a chronic condition affecting millions, and the Randolph community is no exception. Understanding the specific challenges faced by individuals with diabetes in Randolph – from access to healthcare to community support – is crucial. This section provides an overview of the prevalence of diabetes in the area and highlights the importance of proactive management.

We'll explore the different types of diabetes (Type 1, Type 2, and gestational diabetes) and their impact on individuals. This includes discussing the common symptoms, potential complications, and the importance of early diagnosis and treatment. We'll also touch upon the unique challenges faced by specific demographics within the Randolph community, such as seniors, low-income individuals, and minority groups. Addressing these inequalities is vital for ensuring equitable access to quality diabetes care.

Finding the Right Healthcare Providers in Randolph

Navigating the healthcare system can be daunting, especially when dealing with a chronic condition like diabetes. This section focuses on helping you identify qualified healthcare professionals and facilities specializing in diabetes care in Randolph.

This includes:

Endocrinologists: We'll provide information on finding board-certified endocrinologists in Randolph who specialize in diabetes management and can offer personalized treatment plans.

Primary Care Physicians: We'll highlight primary care physicians with expertise in diabetes care, emphasizing the importance of a strong relationship with a PCP for ongoing monitoring and support.

Diabetes Educators: Certified diabetes educators (CDEs) play a vital role in providing education and support. We'll help you locate CDEs in Randolph who can offer personalized education on diabetes self-management.

Hospitals and Clinics: This section will list hospitals and clinics in Randolph that offer comprehensive diabetes care services, including diagnostic testing, treatment, and ongoing support groups.

Lifestyle Changes: The Cornerstone of Diabetes Management

Managing diabetes effectively relies heavily on lifestyle modifications. This section will cover crucial aspects of diabetes self-management, offering practical advice tailored to the needs of individuals in Randolph.

Nutrition: We'll discuss the importance of a balanced diet, including recommended food choices, portion control, and meal planning strategies. We'll also address dietary challenges specific to the Randolph community, such as access to healthy food options.

Physical Activity: Regular physical activity is essential for managing blood sugar levels. We'll discuss different types of exercise suitable for various fitness levels and provide guidance on incorporating physical activity into your daily routine. We'll also suggest local resources like parks, walking trails, or fitness centers in Randolph.

Stress Management: Stress can significantly impact blood sugar levels. This section will explore effective stress management techniques, including relaxation exercises, mindfulness, and support groups.

Sleep Hygiene: Getting adequate sleep is crucial for overall health and diabetes management. We'll provide tips on improving sleep quality and address common sleep disorders that might impact individuals with diabetes.

Community Resources and Support Groups in Randolph

Living with diabetes shouldn't feel isolating. This section will explore the various community resources and support groups available in Randolph to help individuals and their families cope with the challenges of diabetes management.

Support Groups: We'll provide information on local diabetes support groups in Randolph, emphasizing the benefits of peer support and shared experiences.

Community Organizations: We'll identify organizations in Randolph that offer resources and assistance to individuals with diabetes, including programs focused on healthy eating, physical activity, and access to healthcare.

Financial Assistance Programs: Managing diabetes can be costly. This section will highlight resources available in Randolph to help individuals afford medication, supplies, and other healthcare expenses.

Advanced Technologies and Treatments in Randolph

Staying up-to-date on the latest advancements in diabetes care is crucial. This section will discuss emerging technologies and treatment options available in Randolph.

Continuous Glucose Monitors (CGMs): We'll explore the benefits and availability of CGMs in Randolph, which provide real-time glucose data, improving diabetes management.

Insulin Pumps: We'll discuss insulin pumps as an option for managing blood sugar levels, outlining their benefits and availability in Randolph.

Telemedicine Options: Telemedicine can improve access to healthcare for individuals in Randolph. We'll discuss available telemedicine options for diabetes care.

Conclusion

Living with diabetes in Randolph doesn't have to be a daunting journey. By utilizing the resources and strategies outlined in this guide, you can take control of your health and work towards a fulfilling life. Remember, proactive management, a supportive community, and access to quality healthcare are key elements in navigating the challenges of diabetes. Don't hesitate to reach out to the resources mentioned above to start your journey towards better health today.

FAQs

1. Where can I find a certified diabetes educator (CDE) in Randolph? To find a CDE in Randolph, you can search online directories of healthcare professionals or contact your primary care physician for a referral. Many hospitals and clinics in Randolph also employ CDEs.
1. Are there any financial assistance programs for diabetes care in Randolph? Yes, various organizations and programs offer financial assistance for diabetes care. Contact your local health department, social services agency, or healthcare providers for information on available programs.
1. What are some local support groups for people with diabetes in Randolph? Check with your local hospital, community center, or search online for diabetes support groups in Randolph. Many groups meet regularly and offer valuable peer support.
1. How can I access telemedicine services for diabetes management in Randolph? Many healthcare providers in Randolph offer telemedicine services. Contact your doctor or check their website to see if they offer virtual appointments.
1. What are the best places to find healthy, affordable food options in Randolph? Consider local farmers' markets, community gardens, and food banks for access to affordable and healthy food. You can also explore budget-friendly meal planning resources online.

randolph diabetes and wellness: *The Wellness Book* John Randolph Price, 1998-05-01 This remarkable book on healing covers topics such as Holistic healing, spiritual preventative medicine, and living the truth of wellness. Learn why sickness, disease, and old age do not exist in the reality

of our being. Several healing meditations are included.

randolph diabetes and wellness: Closing the Gap , 1995

randolph diabetes and wellness: Community Health and Wellness - E-book Jill Clendon, Ailsa Munns, 2014-10-01 Community Health & Wellness: Primary health care in practice, 5th Edition represents contemporary thinking and research in community health and wellness from Australia, New Zealand and the global community. It challenges students and health professionals to become more aware of the primary health care (PHC) environments in which they work in order to gain an understanding of what is socially determining the health of the individuals, families and communities within their care. Provides a focus on primary health care practice in Australia and New Zealand Research and evidence-based practice throughout each chapter Group exercises that can be used in practice or tutorial groups Reflective questions to challenge the understanding of key principles and practice Additional resources for lecturers via Evolve. • Two new chapters: Chapter 3 Assessing the Community Chapter 6 Working in groups • The SDH Assessment Circle - a new model for community assessment • Stronger emphasis on working with migrant and refugee families • A new continuous case study - the Mason and Smith families; both fly-in fly-out (FIFO) families.

randolph diabetes and wellness: Digestive Wellness for Children Elizabeth Lipski, 2006 Covers nutrition awareness and digestive conditions including food sensitivity and allergies, leaky gut syndrome, colic, reflux, Hirschsprung's Disease, coeliac disease and Crohn's disease.

randolph diabetes and wellness: Concepts of Fitness and Wellness Charles B. Corbin, 2004 Finding an approach to fitness and wellness that's right for you is the first step in building a healthy lifestyle. This new edition of Concepts of Fitness and Wellness will help you develop self-management skills to use in taking charge of your health. All the information you need to know-about exercise, nutrition, cardiovascular fitness, stress, and more-is organized around brief concepts that highlight what's most important. The lab activities, a key part of your learning experience, make it easy to apply these concepts to your daily life.

randolph diabetes and wellness: Why We Get Sick Benjamin Bikman, 2020-07-21 A scientist reveals the groundbreaking evidence linking many major diseases, including cancer, diabetes, and Alzheimer's disease, to a common root cause—insulin resistance—and shares an easy, effective plan to reverse and prevent it. We are sick. Around the world, we struggle with diseases that were once considered rare. Cancer, heart disease, Alzheimer's disease, and diabetes affect millions each year; many people are also struggling with hypertension, weight gain, fatty liver, dementia, low testosterone, menstrual irregularities and infertility, and more. We treat the symptoms, not realizing that all of these diseases and disorders have something in common. Each of them is caused or made worse by a condition known as insulin resistance. And you might have it. Odds are you do—over half of all adults in the United States are insulin resistant, with most other countries either worse or not far behind. In *Why We Get Sick*, internationally renowned scientist and pathophysiology professor Benjamin Bikman explores why insulin resistance has become so prevalent and why it matters. Unless we recognize it and take steps to reverse the trend, major chronic diseases will be even more widespread. But reversing insulin resistance is possible, and Bikman offers an evidence-based plan to stop and prevent it, with helpful food lists, meal suggestions, easy exercise principles, and more. Full of surprising research and practical advice, *Why We Get Sick* will help you to take control of your health.

randolph diabetes and wellness: The Black American Church Dr. Khandicia N. Randolph, 2023-04-28 The purpose of this book seeks to examine the leadership of the Black church through a critical and theoretical lens utilizing historical and anthropological foci to better identify and understand some of the challenges within the paramount institution and its attrition to the Black American community at large and provide appropriate suggestions and generating frameworks for addressing the challenges. The church has always played a pivotal role in Black American culture's identity, development, and progression. Leadership and organizational challenges within the church pervasively matriculate to other Black spaces, historically Black organizations, and a broader societal context. Due to the church's historical and ethnographic context for Blacks in America,

many of the challenges faced in the church go unrecognized, unspoken, thus unattended. This manuscript endeavors to identify the challenges, and flaws through research and data, to provide solutions through practical and theoretical implementations to some shortcomings for the betterment of the church and culture. The interconnectedness of culture and religion for Blacks in America established a gargantuan impact factor on the church and its leaders. This manuscript examines the pervading effects of the influence through leadership dispensation. It also explores the understanding of leadership through the lens of Black Christianity, deriving that the foundation of leadership in the Black community was primarily circumscribed by the influence of the church as conglomerate collectivism of almost five hundred years of the history and culture of Africans, African descendants, and members of the African diaspora in what is now America who contributed to the ideal of the Black church. The critical analysis provided is not one of condemnation but likened to a vital performance review through member experiences barred against applicable leadership and organizational development barometers.

randolph diabetes and wellness: *Investing in the Health and Well-Being of Young Adults* National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. *Investing in The Health and Well-Being of Young Adults* describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. *Investing in The Health and Well-Being of Young Adults* makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. *Investing in The Health and Well-Being of Young Adults* will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

randolph diabetes and wellness: Multiple Sclerosis and Related Disorders Robert J. Fox, MD, Alexander D. Rae-Grant, MD, Francois Bethoux, MD, 2018-08-28 Revised and updated second edition of *Multiple Sclerosis and Related Disorders: Clinical Guide to Diagnosis, Medical Management, and Rehabilitation*, the only comprehensive but practical source of core information on multiple sclerosis and other demyelinating disorders. Intended as a ready reference for clinicians who provide ongoing care to MS patients, this book combines evidence-based science with experience-based guidance to present current standards and management protocols from leading MS centers. Beginning with the scientific underpinnings of MS for clinicians, the book proceeds through diagnosis, including initial symptoms, diagnostic criteria and classification, imaging, and

differential diagnosis, and onto approved treatments for the various MS types and emerging therapies. Later parts of the book discuss symptom management and rehabilitation with chapters focusing on specific side effects, along with considerations for special populations, comorbidities, societal and family issues, and related autoimmune disorders that are often mistaken for MS. Throughout, chapters include lists of Key Points both for clinicians and for patients and families, and management pearls are boxed for quick reference and clinical utility. Illustrations, tables, algorithms, assessment scales, and up-to-date MRI imaging enrich the text, making this a wide-ranging clinical reference for all members of the MS care team. New to the Second Edition: Includes summary recommendations from new AAN practice guidelines for use of DMTs All chapters updated to reflect the latest literature and diagnostic criteria Five entirely new chapters added to expand coverage of treatment, rehabilitation and symptom management, and special issues related to MS Treatment section has been completely revised to better capture current approaches to disease modifying therapies, with separate chapters devoted to injection and oral therapies, infusion therapies, and treatments for progressive forms of MS Related autoimmune diseases section significantly expanded to include transverse myelitis, autoimmune encephalitis, and neurosarcoidosis

randolph diabetes and wellness: Health promotion and disease prevention programs United States. Congress. House. Committee on Energy and Commerce. Subcommittee on Health and the Environment, 1987

randolph diabetes and wellness: Spiritual, Religious, and Faith-Based Practices in Chronicity Andrew R. Hatala, Kerstin Roger, 2021-09-08 This book explores how people draw upon spiritual, religious, or faith-based practices to support their mental wellness amidst forms of chronicity. From diverse global contexts and spiritual perspectives, this volume critically examines several chronic conditions, such as psychosis, diabetes, depression, oppressive forces of colonization and social marginalization, attacks of spirit possession, or other forms of persistent mental duress. As an inter- and transdisciplinary collection, the chapters include innovative ethnographic observations and over 300 in-depth interviews with care providers and individuals living in chronicity, analyzed primarily from the phenomenological and hermeneutic meaning-making traditions. Overall, this book depicts a modern global era in which spirituality and religion maintain an important role in many peoples' lives, underscoring a need for increased awareness, intersectoral collaboration, and practical training for varied care providers. This book will be of interest to scholars of religion and health, the sociology and psychology of religion, medical and psychological anthropology, religious studies, and global health studies, as well as applied health and mental health professionals in psychology, social work, physical and occupational therapy, cultural psychiatry, public health, and medicine.

randolph diabetes and wellness: The Complete Book of Ketones Mary Newport, 2019-02-26 why go keto? Whether you are just curious about the keto craze or ready to fully embrace the keto lifestyle, The Complete Book of Ketones: A Practical Guide to Ketogenic Diets and Ketone Supplements is for you. The Complete Book of Ketones is your comprehensive guide to all things Keto, and can help you answer the question, why go keto? The Complete Book of Ketones is far more than recipes and diet tips. This book provides a breakdown of the science behind ketogenics and includes personal testimonies from people who have experienced the benefits of practicing a keto lifestyle first hand. This book also provides strategies for increasing ketone levels, an overview of the different types of ketogenic diets and their benefits, a list of ketone supplements, keto-friendly recipes and ingredients, sources for finding specialty foods, and much more.

randolph diabetes and wellness: Living Longer For Dummies Walter M. Bortz, 2011-05-04 What's the average human life span...72 years...78 years? Actually, science has determined that humans were designed to live 120 years, and that, until now, most people died too soon. It's also now clear that most of the maladies we commonly associate with aging, such as frailty, senility, and arthritis aren't part of nature's plan, but the result of other factors such as bad nutrition, disease ,and disuse. Best of all is the news that, no matter how old you are or what shape you're in, you can

take steps to reverse the aging process that has already occurred in you and to slow your rate of aging in the future. You're never too old-or too young-to begin living a longer, healthier life, and *Living Longer For Dummies* can show you how. Written by a leading national expert on aging, it's packed with life-changing tips on nutrition, exercise, attitude and behavior, that can help enhance and sustain your physical and psychological well-being to age 100 and beyond. You'll discover how to: Slow your rate of aging Reverse many of the effects of aging Avoid maladies associated with age Keep your mind and senses sharp Maintain limberness and muscle tone Keep your energy level high Rebound from illness Stay sexually active Dr. Bortz shatters common myths about aging and explains, in plain English, what science now knows about the normal aging process in humans. And he explores a wide range of life-prolonging topics, including: Getting good health care Exercising to stay healthy for life Eating right for a long life Getting adequate rest and relaxation Using alternative medicine and exercise techniques Maintaining brain-power Having sex to prolong your life and coping with sexual difficulties Handling health crises The number of people age 100 and older increases a whopping 8 percent every year in the United States? If you choose to, you can become one of them someday. Let *Living Longer For Dummies* show you how.

randolph diabetes and wellness: Community/Public Health Nursing - E-Book Mary A. Nies, Melanie McEwen, 2013-12-27 Covering the nurse's role in promoting community health, *Community/Public Health Nursing*, 5th Edition is known for its upstream preventive focus and social justice approach, photo novellas with clinical stories, and a concise, readable style. It shows how you, as a nurse, can take an active role in social action and health policy - especially in caring for diverse population groups. Expert authors Mary A. Nies and Melanie McEwen discuss today's issues and trends, and describe the key issues and responsibilities of contemporary community/public health nursing. An upstream focus addresses factors that are the precursors to poor health in the community. A social justice approach promotes health for everyone. Photo novellas use photographs to tell stories showing real-life clinical scenarios and applications of important community health nursing roles. Case Study: Application of the Nursing Process feature presents specific community components of the nursing process separately from individual and family. Clinical examples offer snippets of real-life client situations. Research Highlights boxes show the application of current research to chapter content. Ethical Insights boxes highlight ethical issues and concerns. Healthy People 2020 boxes summarize objectives and their importance in community health. Objectives, key terms, and chapter outlines introduce important concepts and terminology at the beginning of every chapter. Learning Activities at the end of each chapter ask you to apply concepts to the world outside the classroom. New Health Promotion and Risk Reduction chapter details the promotion of health and presents strategies that can identify risk factors for illness. Faith Community Nursing chapter reflects current terminology from the ANA's Scope and Standards of Practice, and includes more coverage of the spiritual health of clients. Health: A Community View chapter expands its discussion of the continual challenges and strategies associated with the delivery of health care. Communicable Disease chapter includes new information about public health surveillance, outbreaks, and bioterrorism. Cultural Diversity and Community Health Nursing chapter features new content on complementary and alternative therapies.

randolph diabetes and wellness: Polarity Therapy Randolph Stone, 1999 This two-volume set by the father of Polarity Therapy--the healing science based on living energy fields--has been essential reading for many practitioners of the healing arts, especially those who employ manual techniques or energy-balancing procedures. Polarity Therapy can be used in psychotherapy, chiropractic therapy, osteopathy, many types of massage, physical therapy, dance, yoga, and other forms of bodywork.

randolph diabetes and wellness: *Living Well on the Road* Linden Schaffer, 2017-03-16 Stressed out? Eating badly? Skipping the gym? Sleeping with your phone rather than your partner? Experiencing brain fog and lack of focus? Then this book is for you. Linden Schaffer was an overworked, stressed out, on-the-go professional who found time to refocus, recharge, and recommit to wellness on the road. Now she is sharing her secrets, identifying the obstacles that keep you from

experiencing true wellness and, with scientifically backed-data, showing how you too can learn to embrace wellness. Learn what it feels like to recommit to the things that help us feel more energized, more focused, and more mindful of those activities in which we engage. *Living Well on the Road* helps readers to identify those areas of life that need recharging, and brings greater awareness to those in search of a way to find wellness, happiness, and overall well-being even as they move through their busy days. Whether on the road, in the office, or at home, any reader can find ways to dramatically improve their mental focus and physical wellness if they implement the ideas and advice found within these pages. In *Living Well on the Road*, readers will find: a practical real-world approach to understanding and managing your wellness a researched and scientifically investigated how-to manual that encourages a healthier way to manage your lifestyle personal accounts of how small changes can lead to major positive life changes easy to implement tactics proven to reduce stress and sick days increased productivity and creativity through refocused attention feel-good experiences that take 5-minutes and release the stress and tension of your workday from body and mind

randolph diabetes and wellness: The Future of Public Health Committee for the Study of the Future of Public Health, Division of Health Care Services, Institute of Medicine, 1988-01-15 The Nation has lost sight of its public health goals and has allowed the system of public health to fall into 'disarray', from *The Future of Public Health*. This startling book contains proposals for ensuring that public health service programs are efficient and effective enough to deal not only with the topics of today, but also with those of tomorrow. In addition, the authors make recommendations for core functions in public health assessment, policy development, and service assurances, and identify the level of government--federal, state, and local--at which these functions would best be handled.

randolph diabetes and wellness: Ultrasound Edward I. Bluth, Carol B. Benson, Philip W. Ralls, 2011-01-01 Based on a popular course taught at the Radiological Society of North America's Annual Meeting, this book provides all the essential information for choosing the appropriate imaging examination and completing the imaging workup of a patient. Chapters are organized into parts according to the anatomical location of the clinical problems addressed. The authors guide the reader through the diagnostic evaluation, reviewing the indications for and the strengths and limitations of ultrasound imaging. Features: Practical information on the usefulness of ultrasound, nonimaging tests, or other imaging modalities, such as CT and MR, for evaluating each clinical situation Clear descriptions of symptoms and differential diagnosis Nearly 1,300 images and photographs demonstrating key points A new chapter on neonatal spinal cord anomalies Comprehensive and up-to-date, this edition is essential for ultrasonographers, radiologists, residents, physicians, nurses, and radiology assistants seeking the latest recommendations for the effective use of ultrasonography.

randolph diabetes and wellness: Identity as Resilience in Minoritized Communities Julie M. Koch, Erica E. Townsend-Bell, Randolph D. Hubach, 2023-10-01 This book examines strengths-based approaches to understanding and celebrating diverse populations. It centers on understanding the ways in which minoritized group identities and membership in such communities can serve as sources of strength. The volume explores the varied dimensions of minoritized identities and challenges traditional concepts of what it means to be resilient. It presents research-based and innovative strategies to understand more thoroughly the role of resilience and strengths in diverse populations and families. The book addresses the need to consider affirmative, liberation, and strengths-based models of resilience. Key areas of coverage include: Families of transgender and gender diverse people. The role of chosen family in LGBTQ communities. Latinx LGBTQ families. The Indian Child Welfare Act. Celebration of Black girl voices. Homeschooling as a resilience factor for Black families. Black identity and resilience related to mental health. Black resilience in families. *Identity as Resilience in Minoritized Communities* is a must-have resource for researchers, professors, and graduate students as well as clinicians and related professionals in developmental psychology, family studies, clinical child and school psychology, cultural psychology, social work, and public health as well as education policy and politics, behavioral health, psychiatry, and all

related disciplines.

randolph diabetes and wellness: The Oxford Textbook of Palliative Social Work Terry Altiglio, Shirley Otis-Green, John G. Cagle, 2022 It is so important to advocate for things that may not always seem possible. Getting to work with patients/families at the end of their life is the ultimate honor. - Lauren G Markham, MSW, LCSW, APHSW-C In this work, one witnesses both depths of human suffering and heights of human transcendence that can inspire both awe and fear. At those times, I have found that surrendering my need to be an expert and instead, allow myself to simply be a human is the wisest action. - Kerry Irish, LCSW, OSW-C, FAOSW--

randolph diabetes and wellness: The A-List Diet Fred Pescatore, 2017-04-25 The New Weight-Loss Revolution from the Diet Doctor to the Stars From red carpet premieres to TV interviews, celebrities are always under pressure to look their best. Dr. Fred Pescatore, author of the New York Times bestseller *The Hamptons Diet*, is sharing—for the first time—the secret diet he uses with his A-list clientele. You can drop up to 15 pounds in as little as two weeks—while enjoying delicious and satisfying food! With a unique dieting innovation, more than 100 delicious recipes, and easy-to-follow meal plans, *The A-List Diet* goes beyond Atkins, beyond *The Whole30*, beyond *Eat Fat, Get Thin*, and way beyond Paleo. By combining the benefits of protein boosting, protein rotation, inflammation busting, and acid-reducing alkalization, this diet maximizes your ability to drop weight. In *The A-List Diet*, there is no point counting, no obsessing over the scale, and no gimmicks. Just smart swaps, simple solutions, and a fresh new look at everyday choices. Dr. Pescatore helps you identify what type of dieter you are so you can customize his strategies to work best for you, so this is truly your diet secret. Featuring testimonials from Dr. Pescatore's patients, *The A-List Diet* is your ultimate guide to losing weight with healthy strategies and quick results. Get red carpet ready with the fabulous new you!

randolph diabetes and wellness: Clinical Laboratory Medicine Kenneth D. McClatchey, 2002 This thoroughly updated Second Edition of *Clinical Laboratory Medicine* provides the most complete, current, and clinically oriented information in the field. The text features over 70 chapters--seven new to this edition, including medical laboratory ethics, point-of-care testing, bone marrow transplantation, and specimen testing--providing comprehensive coverage of contemporary laboratory medicine. Sections on molecular diagnostics, cytogenetics, and laboratory management plus the emphasis on interpretation and clinical significance of laboratory tests (why a test or series of tests is being done and what the results mean for the patient) make this a valuable resource for practicing pathologists, residents, fellows, and laboratorians. Includes over 800 illustrations, 353 in full color and 270 new to this edition. Includes a Self-Assessment and Review book.

randolph diabetes and wellness: The South Beach Diet Cookbook Arthur Agatston, 2004-04-13 A companion to *The South Beach Diet* presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

randolph diabetes and wellness: A Handbook of Geriatric Neuropsychology Shane S. Bush, Brian P. Yochim, 2022-07-12 *A Handbook of Geriatric Neuropsychology: Practice Essentials* (Second Edition) brings together experts in the field to integrate the knowledge and skills needed to understand and treat older adults who are experiencing problems with memory and other thinking skills. With three new sections, including coverage of other conditions beyond neuropsychological disorders, special assessment contexts, and more on interventions and ethics, as well as multiple new chapters, and significant updates from the first edition, this book provides a strong foundation for clinicians, educators, and researchers invested in the wellbeing of older adults. The impact and experience of aging, like the practice of neuropsychology, evolves over time. Similarly, through advances in science and professional techniques, neuropsychological practice has continued to evolve. Neuropsychological evaluation remains the most effective method of diagnosing age-related cognitive decline, cognitive difficulties that result from psychological factors, and other related disorders, as well as determining how the various disorders impact functioning and quality of life. This book explores these areas and offers state-of-the-art assessment techniques to assess changes

in cognition and behavior and to distinguish normal changes from neuropathology. This book is a go-to resource and key reference for psychologists who serve older adults with known or suspected cognitive problems, as well as those who are invested in promoting brain wellness. It provides much of the information needed to establish and improve foundational and functional competencies in geriatric neuropsychology and establish practices that are personally and professionally rewarding, all aimed at promoting the understanding and wellbeing of older adults.

randolph diabetes and wellness: *Enhancing Cognitive Fitness in Adults* PAULA

HARTMAN-STEIN, Asenath LaRue, 2011-08-02 Late life is characterized by great diversity in memory and other cognitive functions. Although a substantial proportion of older adults suffer from Alzheimer's disease or another form of dementia, a majority retain a high level of cognitive skills throughout the life span. Identifying factors that sustain and enhance cognitive well-being is a growing area of original and translational research. In 2009, there are as many as 5.2 million Americans living with Alzheimer's disease, and that figure is expected to grow to as many as 16 million by 2050. One in six women and one in 10 men who live to be at least age 55 will develop Alzheimer's disease in their remaining lifetime. Approximately 10 million of the 78 million baby boomers who were alive in 2008 can expect to develop Alzheimer's disease. Seventy percent of people with Alzheimer's disease live at home, cared for by family and friends. In 2008, 9.8 million family members, friends, and neighbors provided unpaid care for someone with Alzheimer's disease or another form of dementia. The direct costs to Medicare and Medicaid for care of people with Alzheimer's disease amount to more than \$148 billion annually (from Alzheimer's Association, 2008 Alzheimer's Disease Facts and Figures). This book will highlight the research foundations behind brain fitness interventions as well as showcase innovative community-based programs to maintain and promote mental fitness and intervene with adults with cognitive impairment. The emphasis is on illustrating the nuts and bolts of setting up and utilizing cognitive health programs in the community, not just the laboratory.

randolph diabetes and wellness: *We Live Too Short and Die Too Long* Walter M. Bortz,

2007 With increasing emphasis on diet and exercise in recent years, more people are living longer. A primary care physician for dozens of 100-year-olds in his practice at the Palo Alto Medical Clinic, Dr. Bortz offers unique insights into how to get the most out of our vital organs for 120 years of life.

randolph diabetes and wellness: *The South Beach Diet Supercharged* Arthur Agatston, M.D.,

Joseph F. Signorile, Joseph Signorile, PhD, 2009-04-28 Provides meal plans, easy-to-prepare recipes, workout and body-toning program, and additional research on the South Beach Diet including which foods are high in vitamins, minerals, and fiber.

randolph diabetes and wellness: *Clinical Autonomic and Mitochondrial Disorders*

Nicholas L. DePace, Joseph Colombo, 2019-08-01 This book establishes and specifies a rigorously scientific and clinically valid basis for nonpharmaceutical approaches to many common diseases and disorders found in clinical settings. It includes lifestyle and supplement recommendations for beginning and maintaining autonomic nervous system and mitochondrial health and wellness. The book is organized around a six-pronged mind-body wellness program and contains a series of clinical applications and frequently asked questions. The physiologic need and clinical benefit and synergism of all six aspects working together are detailed, including the underlying biochemistry, with exhaustive references to statistically significant and clinically relevant studies. The book covers a range of clinical disorders, including anxiety, arrhythmia, atherosclerosis, bipolar disease, dementia, depression, fatigue, fibromyalgia, heart diseases, hypertension, mast cell disorder, migraine, and PTSD. *Clinical Autonomic and Mitochondrial Disorders: Diagnosis, Prevention, and Treatment for Mind-Body Wellness* is an essential resource for physicians, residents, fellows, medical students, and researchers in cardiology, primary care, neurology, endocrinology, psychiatry, and integrative and functional medicine. It provides therapy options to the indications and diagnoses published in the authors' book *Clinical Autonomic Dysfunction* (Springer, 2014).

randolph diabetes and wellness: *Consciousness, Bioenergy and Healing* Daniel J. Benor,

2004-10 People have the potential to heal themselves and each other. Dr. Daniel Benor, a wholistic

psychiatrist, explains how mind-body and body-mind interactions promote health or cause illness. Clear and concise explanations of a large body of research, clinical examples, and a variety of theory explain healing through complementary/alternative medicine. Dr. Benor reviews research-supporting claims that complementary/alternative therapies and bioenergy therapies are potent and effective treatments.

randolph diabetes and wellness: Improving Health in the Community Institute of Medicine, Committee on Using Performance Monitoring to Improve Community Health, 1997-05-21 How do communities protect and improve the health of their populations? Health care is part of the answer but so are environmental protections, social and educational services, adequate nutrition, and a host of other activities. With concern over funding constraints, making sure such activities are efficient and effective is becoming a high priority. *Improving Health in the Community* explains how population-based performance monitoring programs can help communities point their efforts in the right direction. Within a broad definition of community health, the committee addresses factors surrounding the implementation of performance monitoring and explores the why and how to of establishing mechanisms to monitor the performance of those who can influence community health. The book offers a policy framework, applies a multidimensional model of the determinants of health, and provides sets of prototype performance indicators for specific health issues. *Improving Health in the Community* presents an attainable vision of a process that can achieve community-wide health benefits.

randolph diabetes and wellness: *Handbook of Health Social Work* Sarah Gehlert, Teri Browne, 2006-03-20 The *Handbook of Health Social Work* provides a comprehensive and evidence-based overview of contemporary social work practice in health care. Written from a wellness perspective, the chapters cover the spectrum of health social work settings with contributions from a wide range of experts. The resulting resource offers both a foundation for social work practice in health care and a guide for strategy, policy, and program development in proactive and actionable terms. Three sections present the material: *The Foundations of Social Work in Health Care* provides information that is basic and central to the operations of social workers in health care, including conceptual underpinnings; the development of the profession; the wide array of roles performed by social workers in health care settings; ethical issues and decision - making in a variety of arenas; public health and social work; health policy and social work; and the understanding of community factors in health social work. *Health Social Work Practice: A Spectrum of Critical Considerations* delves into critical practice issues such as theories of health behavior; assessment; effective communication with both clients and other members of health care teams; intersections between health and mental health; the effects of religion and spirituality on health care; family and health; sexuality in health care; and substance abuse. *Health Social Work: Selected Areas of Practice* presents a range of examples of social work practice, including settings that involve older adults; nephrology; oncology; chronic diseases such as diabetes, heart disease, and HIV/AIDS; genetics; end of life care; pain management and palliative care; and alternative treatments and traditional healers. The first book of its kind to unite the entire body of health social work knowledge, the *Handbook of Health Social Work* is a must-read for social work educators, administrators, students, and practitioners.

randolph diabetes and wellness: The Ultimate Food Allergy Cookbook and Survival Guide Nicolette M. Dumke, 2006 *The Ultimate Food Allergy Cookbook and Survival Guide: How to Cook with Ease for Food Allergies and Recover Good Health* gives you everything you need to survive and recover from food allergies. It contains medical information about the diagnosis of food allergies, health problems that can be caused by food allergies, and your options for treatment. The book includes a rotation diet that is free from common food allergens such as wheat, milk, eggs, corn, soy, yeast, beef, legumes, citrus fruits, potatoes, tomatoes, and more. Instructions are given on how to personalize the standard rotation diet to meet your individual needs and fit your food preferences. It contains 500 recipes that can be used with (or without) the diet. Extensive reference sections include a listing of commercially prepared foods for allergy diets and sources for special foods,

services, and products.

randolph diabetes and wellness: Gabbard's Treatments of Psychiatric Disorders Glen O. Gabbard, 2014-05-05 The definitive treatment textbook in psychiatry, this fifth edition of Gabbard's *Treatments of Psychiatric Disorders* has been thoroughly restructured to reflect the new DSM-5® categories, preserving its value as a state-of-the-art resource and increasing its utility in the field. The editors have produced a volume that is both comprehensive and concise, meeting the needs of clinicians who prefer a single, user-friendly volume. In the service of brevity, the book focuses on treatment over diagnostic considerations, and addresses both empirically-validated treatments and accumulated clinical wisdom where research is lacking. Noteworthy features include the following: Content is organized according to DSM-5® categories to make for rapid retrieval of relevant treatment information for the busy clinician. Outcome studies and expert opinion are presented in an accessible way to help the clinician know what treatment to use for which disorder, and how to tailor the treatment to the patient. Content is restricted to the major psychiatric conditions seen in clinical practice while leaving out less common conditions and those that have limited outcome research related to the disorder, resulting in a more streamlined and affordable text. Chapters are meticulously referenced and include dozens of tables, figures, and other illustrative features that enhance comprehension and recall. An authoritative resource for psychiatrists, psychologists, and psychiatric nurses, and an outstanding reference for students in the mental health professions, *Gabbard's Treatments of Psychiatric Disorders, Fifth Edition*, will prove indispensable to clinicians seeking to provide excellent care while transitioning to a DSM-5® world.

randolph diabetes and wellness: African American Psychology Stacie Craft DeFreitas, PhD, 2019-11-06 This innovative text is the first to examine the contemporary psychological experience of African Americans through the lens of a positive, strengths-based model. It combats the deficit perspective that has permeated the psychological literature about African Americans by focusing on the strengths that have facilitated their growth and resilience—while also considering existing challenges and struggles. The author examines in depth the major areas of psychological research across family, peer, and romantic relationships, education, work, ethnic-racial socialization and identity, prosocial behavior and civic engagement, and the mental and physical health of African Americans today. With a focus on real life applications, the text includes pedagogical elements introducing topics in Current Events, Interventions in Practice, Individual Issues, African Cultural Values, and Media and Technology. Additional features include learning objectives in each chapter, discussion questions, a closing summary, an extensive trove of additional resources, and PowerPoints and a sample syllabus for instructors. Print version of book includes free, searchable, digital access to the entire contents. Key Features: Serves as the first text to examine African American psychology from a strengths-based perspective Grounded in a lifespan perspective Focuses on ethnic-racial socialization and ethnic-racial identity Addresses mental and physical health Demonstrates how communities have used strength-based techniques to achieve positive outcomes Integrate values common to Western Africa Includes learning objectives, discussion questions, closing summary, and boldfaced key terms Provides PowerPoints and a sample syllabus

randolph diabetes and wellness: Deep Healing Emmett E. Miller, M.D., 1996-12-01 *Deep Healing* brings new hope to every reader. It awakens even the most skeptical among us to the miraculous inborn, self-healing capacities of our mind-body. Emmett Miller, M.D., practicing as a traditional family doctor for 20 years, discovered that when a part of your body is sick, the whole body system is out of balance. He saw that how his patients thought about and saw life, affected and seemed to create whatever their current state of health was. He has stated that it is not enough to heal the particular illness without understanding the emotional and psychological basis for the ailment or problem. We must heal the entire person...not just a specific part. Dr. Miller has had great success with guided imagery to promote physical health and emotional well-being. He has even been successful using guided imagery to do minor surgery without any anesthetic, again proving the mind/body connection, and the control of our bodies by our thoughts. Through the presentation of stories, reflections, and case studies, Dr. Miller presents his wonderful, deep healing

theories that will instill a new sense of hope and optimism into all who read this book.

randolph diabetes and wellness: Positive Neuropsychology John J. Randolph, 2022-11-04 Positive psychology—the study and promotion of character strengths, positive emotion, optimism, and resilience—has gained considerable momentum and support over the last 20 years. More recently, neuropsychology has begun to embrace related perspectives. In the first edition of *Positive Neuropsychology*, an extensive collection of perspectives from national leaders in neuropsychology clarified the importance of promoting cognitive health through various means. The present edition expands on the first edition, with four new chapters and updates of all previous chapters. Topics include the importance of physical, social, and intellectual engagement across the lifespan; nutrition and brain health; novel technologies used to maintain brain health and functional independence; compensating for and preventing cognitive limitations; and strategies to promote brain health in clinical and other settings. Chapters reveal not only the benefits of understanding cognitive health and optimal outcomes across the lifespan, but also emerging avenues for practitioners to expand their work into non-traditional settings. Bringing new dimensions to the neuroscience, wellness, and positive psychology literatures, *Positive Neuropsychology* will interest a wide range of academics and clinicians, including neuropsychologists, clinical and health psychologists, geriatricians, primary care physicians, cognitive neuroscientists, and other healthcare professionals.

randolph diabetes and wellness: Therapeutic Exercise Carolyn Kisner, Lynn Allen Colby, John Borstad, 2022-10-17 The premier text for therapeutic exercise Here is all the guidance you need to customize interventions for individuals with movement dysfunction. You'll find the perfect balance of theory and clinical technique—in-depth discussions of the principles of therapeutic exercise and manual therapy and the most up-to-date exercise and management guidelines.

randolph diabetes and wellness: Chasing My Cure David Fajgenbaum, 2019-09-10 LOS ANGELES TIMES AND PUBLISHERS WEEKLY BESTSELLER • The powerful memoir of a young doctor and former college athlete diagnosed with a rare disease who spearheaded the search for a cure—and became a champion for a new approach to medical research. “A wonderful and moving chronicle of a doctor’s relentless pursuit, this book serves both patients and physicians in demystifying the science that lies behind medicine.”—Siddhartha Mukherjee, *New York Times* bestselling author of *The Emperor of All Maladies* and *The Gene* David Fajgenbaum, a former Georgetown quarterback, was nicknamed the Beast in medical school, where he was also known for his unmatched mental stamina. But things changed dramatically when he began suffering from inexplicable fatigue. In a matter of weeks, his organs were failing and he was read his last rites. Doctors were baffled by his condition, which they had yet to even diagnose. Floating in and out of consciousness, Fajgenbaum prayed for a second chance, the equivalent of a dramatic play to second the game into overtime. Miraculously, Fajgenbaum survived—only to endure repeated near-death relapses from what would eventually be identified as a form of Castleman disease, an extremely deadly and rare condition that acts like a cross between cancer and an autoimmune disorder. When he relapsed while on the only drug in development and realized that the medical community was unlikely to make progress in time to save his life, Fajgenbaum turned his desperate hope for a cure into concrete action: Between hospitalizations he studied his own charts and tested his own blood samples, looking for clues that could unlock a new treatment. With the help of family, friends, and mentors, he also reached out to other Castleman disease patients and physicians, and eventually came up with an ambitious plan to crowdsource the most promising research questions and recruit world-class researchers to tackle them. Instead of waiting for the scientific stars to align, he would attempt to align them himself. More than five years later and now married to his college sweetheart, Fajgenbaum has seen his hard work pay off: A treatment he identified has induced a tentative remission and his novel approach to collaborative scientific inquiry has become a blueprint for advancing rare disease research. His incredible story demonstrates the potency of hope, and what can happen when the forces of determination, love, family, faith, and serendipity collide. Praise for *Chasing My Cure* “A page-turning chronicle of living, nearly dying, and discovering what it really means to be invincible in hope.”—Angela Duckworth, #1 *New York Times* bestselling author of *Grit*

"[A] remarkable memoir . . . Fajgenbaum writes lucidly and movingly . . . Fajgenbaum's stirring account of his illness will inspire readers."—Publishers Weekly

randolph diabetes and wellness: Not-for-profit Hospitals United States. General Accounting Office, 1997

randolph diabetes and wellness: Sports-Related Concussions in Youth National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Sports-Related Concussions in Youth, 2014-02-04 In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. Sports-Related Concussions in Youth: Improving the Science, Changing the Culture reviews the science of sports-related concussions in youth from elementary school through young adulthood, as well as in military personnel and their dependents. This report recommends actions that can be taken by a range of audiences - including research funding agencies, legislatures, state and school superintendents and athletic directors, military organizations, and equipment manufacturers, as well as youth who participate in sports and their parents - to improve what is known about concussions and to reduce their occurrence. Sports-Related Concussions in Youth finds that while some studies provide useful information, much remains unknown about the extent of concussions in youth; how to diagnose, manage, and prevent concussions; and the short- and long-term consequences of concussions as well as repetitive head impacts that do not result in concussion symptoms. The culture of sports negatively influences athletes' self-reporting of concussion symptoms and their adherence to return-to-play guidance. Athletes, their teammates, and, in some cases, coaches and parents may not fully appreciate the health threats posed by concussions. Similarly, military recruits are immersed in a culture that includes devotion to duty and service before self, and the critical nature of concussions may often go unheeded. According to Sports-Related Concussions in Youth, if the youth sports community can adopt the belief that concussions are serious injuries and emphasize care for players with concussions until they are fully recovered, then the culture in which these athletes perform and compete will become much safer. Improving understanding of the extent, causes, effects, and prevention of sports-related concussions is vitally important for the health and well-being of youth athletes. The findings and recommendations in this report set a direction for research to reach this goal.

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