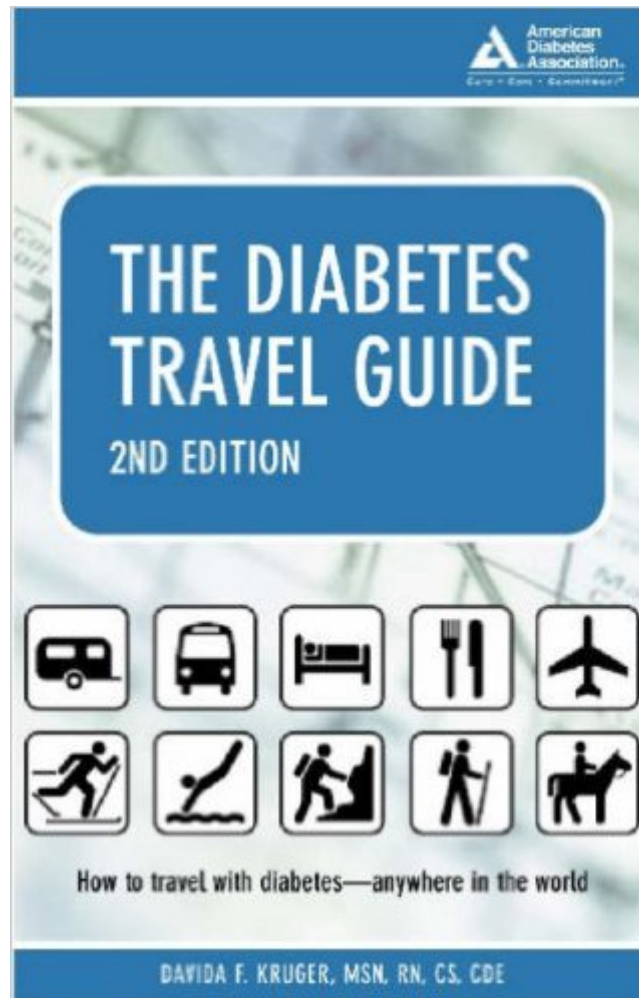


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# The Diabetes Travel Guide



## Synopsis

**Travel Worry-free** This is still the best resource for you if you're traveling and have diabetes. You learn how to travel safely, how to anticipate any problem by creating a diabetes survival kit, how to find insurance to cover medical expenses while you travel, and how to plan for anything that can go wrong.

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #1,834,308 in Books (See Top 100 in Books) #151 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association](#) #17081 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments](#) #345491 in [Books > Textbooks](#)

## Customer Reviews

Now in a completely updated and significantly expanded second edition, "The Diabetes Travel Guide" by Davida F. Kruger is the ideal resource for anyone with diabetes who needs to travel for purposes of business or pleasure. The perfect planning resource for trips ranging from across town to across the country, "The Diabetes Travel Guide" covers medical needs, snacks, a physicians note, and other essentials for the diabetic. Whether traveling by car, bus, train, ship, or plane, whether visiting a city or camping out in the wilderness, "The Diabetes Travel Guide" will prove indispensable to insuring the safety and health of the diabetic traveler. Sized to fit nicely into a coat pocket or a purse, and enhanced with website information, phone numbers, charts on adjusting medication, insulin issues, and even translations of common phrases in several different languages in case of an overseas emergency, "The Diabetes Travel Guide" is strongly recommended for anyone having (or traveling with someone having) diabetes-based health concerns.

That guide is a compact and easy to transport, as part of the philosophy of the text. Concise though comprehensive in the topics covered, the author delight us with tens of highly informative tables

about the basic set up for a travel. The only drawback is that the guide is highly oriented to US people, I mean, a lot of advices about health institutions, emergencies and medicines does not apply for European people. Anyway, I recommend the book even if your not diabetic and plan to do a long travel.

Helpful

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