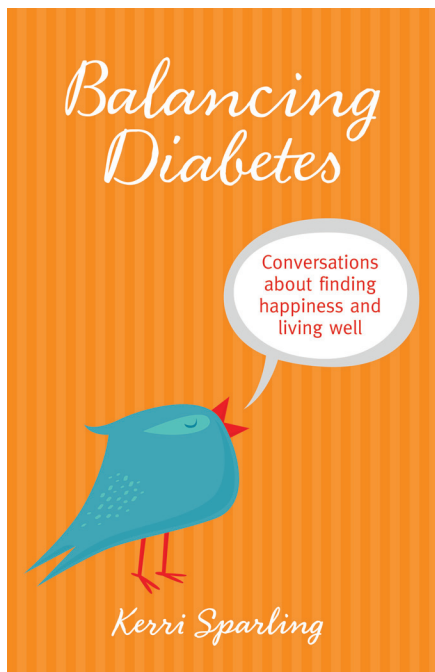




**SpryPublishing** SPRING 2014



Paperback ISBN: 978-1-938170-37-9 \$16.95  
 eBook ISBN: 978-1-938170-38-6 \$16.95  
 Pages: 204 Dimensions: 5.5 x 8.5"  
 Publication Date: March 4, 2014

## Balancing Diabetes

### Conversations about finding happiness and living well

*Kerri Sparling*

When a person receives a diagnosis of diabetes, he or she starts a process of adjusting and making sense of the new normal living with a chronic disease. A large part of that adjustment is figuring out how to balance diabetes with all the intricacies of a life outside of diabetes care. In *Balancing Diabetes*, diabetes online community blogger Kerri Sparling compiles strategies used by people with diabetes and their caregivers to bring that elusive balance into their lives. Whether adult or child, type 1 or type 2, spouse or caregiver, male or female, people in the diabetes world will find themselves in this book and be inspired by the commonality of that continuing search for balance.

#### Author Information

Kerri Sparling has been living with type 1 diabetes for more than 27 years. She believes: "Diabetes doesn't define me, but it helps explain me." Kerri is the creator of *www.SixUntilMe.com*, started in May 2005. She has contributed to many health-related publications and is a passionate advocate for diabetes awareness. Focusing on the psychosocial side of diabetes and how peer-to-peer connections can impact diabetes management, Kerri presents regularly at conferences and currently works full-time as a writer and consultant.

#### Promotional Highlights

- Author's popularity within the diabetes community reflects an interest in her subject matter, authority, and unique voice. A conversational writing style makes readers feel as if they're discussing diabetes management with a group of friends.
- Author has been through many life stages and taken on new adventures as she manages her diabetes, and her audience relies on her experience regularly on her popular blog.
- Well-respected in the diabetes community, contributors to the book will act as advocates for *Balancing Diabetes*.

## Survivorship

### Living Well During and After Cancer

*Barrie Cassileth, PhD*

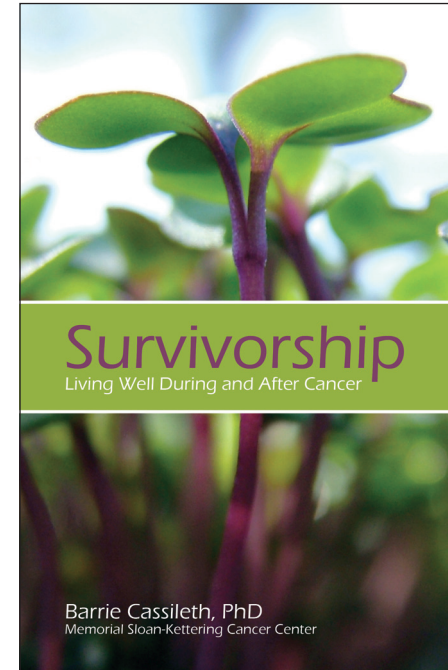
Cancer patients face a daunting world of confusing information about treatment options. They may have heard of using integrative medicine to complement traditional care and alleviate both short- and long-term side effects of cancer treatments, but where do they locate accurate information on acupuncture, massage, yoga, and nutritional therapies? *Survivorship: Living Well During and After Cancer* provides up-to-date evidence-based information on available therapies. A full listing of “anti-quackery” online resources is included.

#### Author Information

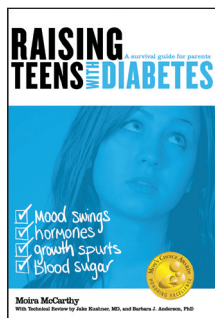
Barrie R. Cassileth, PhD, is the Laurance S. Rockefeller Chair of Integrative Medicine at Memorial Sloan-Kettering Cancer Center in New York City, a department she founded and directs. A sociologist and psychologist by training, Dr. Cassileth has extensive experience as a researcher, educator and planner; is a foremost international authority on complementary therapies and integrative medicine in oncology; and is a staunch opponent of cancer quackery. She was the Founding President of the Society for Integrative Oncology, a founding member of the Advisory Council to the U.S. National Institutes of Health Office of Complementary and Alternative Medicine and a member of the Board of the American Cancer Society and has served on the boards and committees of numerous other national and international organizations.

#### Promotional Highlights

- An evidence-based guide to complementary treatments for cancer patients and their families.
- Author’s experience and expertise in cancer treatment and complementary modalities lend credibility.
- Provides readers with accessible information to help them sort through scientifically sound complementary therapies, such as yoga, acupuncture, massage, music therapy, and more.
- The book references many scientific studies to support claims in favor of complementary treatments as well as to refute “sham” treatments and “alternative therapies.”



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 eBook ISBN: 978-1-938170-36-2 \$16.95  
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## Raising Teens with Diabetes

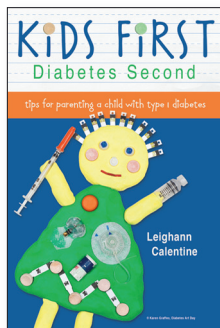
### A Survival Guide for Parents

*Moira McCarthy*

The teen years with diabetes on board are a challenging time for parents and anyone who cares about a child with diabetes. *Raising Teens with Diabetes*, by well-known diabetes mom, author, and advocate Moira McCarthy, is a no-nonsense, honest approach at not just surviving but thriving in those years, from a mom who has been there.

Moira McCarthy is an acclaimed writer, author, and public speaker whose six books include the top-selling *The Everything Parent's Guide To Children With Juvenile Diabetes*. She was recently recognized as the JDRF International Volunteer of the Year.

*Mom's Choice Award Gold 2013*



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## Kids First, Diabetes Second

### Tips for Parenting a Child with Type 1 Diabetes

*Leighann Calentine*

Raising a child is a difficult job. Raising a child with a chronic illness such as diabetes can be a difficult job with a side order of special challenges. Leighann Calentine's D-Mom Blog is an invaluable resource for parents and caregivers of children with diabetes.

In a style both practical and affirming, *Kids First, Diabetes Second* presents Leighann's advice to help parents and caregivers enable children with diabetes to thrive. Learn how to automate tasks, navigate challenges, celebrate achievements, relieve stress, and avoid being consumed by management of the condition, while focusing on what's most important: raising a happy, healthy child.

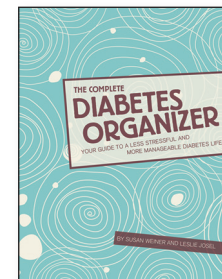
## The Complete Diabetes Organizer

### Your Guide to a Less Stressful and More Manageable Diabetes Life

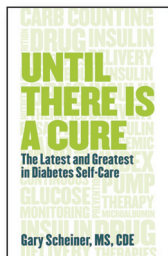
*Susan Weiner, RDN, MS, CDE, CDN, and Leslie Josel*

Is your lack of organization impacting your ability to effectively manage your diabetes? Do you run out of supplies and forget endocrinologist appointments? Do you struggle to keep track of healthcare invoices and payments? Do you succeed at keeping an active health journal for a week or two and then neglect it for a year or two?

*The Complete Diabetes Organizer* is your guidebook to maintaining your diabetes with less effort and more confidence, allowing you to focus on enjoying a healthier, stress-free life. Discover helpful tips and tricks that are guaranteed to ease daily mechanics, promote improved nutrition, and relieve stress caused by disorder and confusion.



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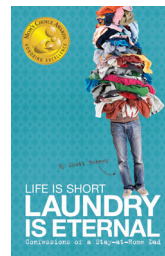
## Until There Is a Cure

### The Latest and Greatest in Diabetes Self-Care

*Gary Scheiner, MS, CDE*

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The treatment of diabetes is ever-changing as technologies progress; as new medications are discovered, tested, and approved; and as researchers uncover breakthrough findings in the field of endocrinology. AADE Educator of the Year 2014, author Gary Scheiner delivers the most up-to-date information and analysis on groundbreaking developments in the world of diabetes.



## Life Is Short, Laundry Is Eternal

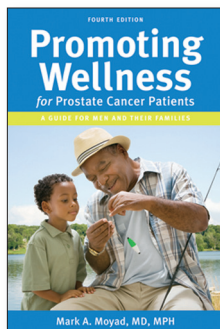
### Confessions of a Stay-at-Home Dad

*Scott Benner*

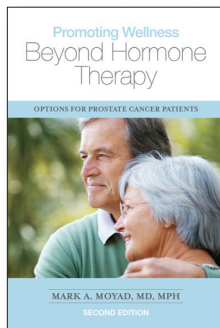
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Witness the life and family of Scott Benner, author, humorist, 13-year stay-at-home dad, and father of a daughter with type 1 diabetes. Scott's colloquial wisdom will warm your heart while it challenges your ideas about parenting and gender roles in today's households.

*Mom's Choice Award Gold 2013*



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## Promoting Wellness for Prostate Cancer Patients Fourth Edition

### A Guide for Men and Their Families

Mark A. Moyad, MD, MPH

*Promoting Wellness for Prostate Cancer Patients* is a unique educational book for individuals dealing with the many aspects of prostate cancer—from prevention to treatment and managing the common (and not so common) side effects of conventional therapy.

Dr. Moyad speaks across the United States and internationally, educating individuals about improving their health and promoting lifelong wellness.

## Promoting Wellness Beyond Hormone Therapy Second Edition

### Options for Prostate Cancer Patients

Mark A. Moyad, MD, MPH

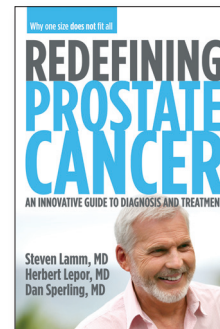
When a patient is told that his prostate cancer has progressed to a new stage, he has both questions and concerns. *Promoting Wellness Beyond Hormone Therapy, Second Edition*, is written specifically to answer questions for patients whose prostate cancer is considered “hormone-refractory,” meaning that it no longer responds well to hormone therapy. The book provides a wealth of valuable resources for patients, caregivers, and healthcare professionals alike.

## Redefining Prostate Cancer

### An Innovative Guide to Diagnosis and Treatment

*Steven Lamm, MD, Herbert Lepor, MD, and Dan Sperling, MD*

The past decade of breakthroughs in clinical research and unprecedented technological advancements has affected few medical conditions more than prostate cancer. Even the most up-to-date advice can vary significantly from one doctor to the next. Enter *Redefining Prostate Cancer*, the most complete and accurate analysis of prostate cancer treatment, prevention, research, and technology. Internationally renowned prostate cancer experts offer cutting-edge commentary on the questions that all modern men need to have answered. Arm yourself with *Redefining Prostate Cancer* and the confidence that your decisions are being made with the best possible information as your guide.



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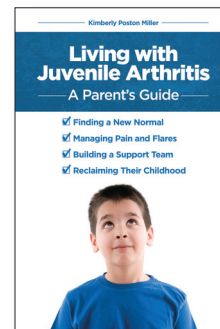
## Living with Juvenile Arthritis

### A Parent's Guide

*Kimberly Poston Miller*

Parenting a child with a chronic illness is not simply a full-time job; it's an all-time job. *Living with Juvenile Arthritis: A Parent's Guide* provides support to parents and caregivers of children with juvenile arthritis through helpful tips and guidance from a parent who has successfully navigated the challenges of raising two children with juvenile idiopathic arthritis.

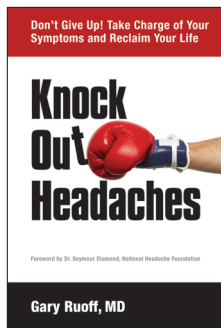
Learn more about arthritis, its symptoms, diagnosis scenarios, treatment options, managing pain, and handling flare-ups. Discover strategies for dealing with the unpredictability and individuality of your child's condition. Build a support team of healthcare professionals, cultivate healthy relationships within your family, and focus on what's most important—raising a happy, well-adjusted child.



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*Gary Ruoff, MD*

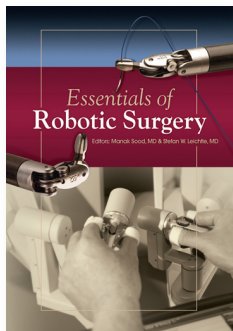
Are you suffering in silence? Have your headaches increased in severity and frequency? Are medications that previously provided relief suddenly less effective or not working at all? Are your headache symptoms causing you to miss family functions, social activities, and work?

Within the pages of *Knock Out Headaches*, author Gary E. Ruoff, MD, will educate you about what's happening in your body and why. Learn the types of headaches and their symptoms. Discover the origins of headaches, trigger mechanisms, and ways to avoid them. Receive strategies for developing a total plan for headache management and committing to make the changes that can lead to healing. Let *Knock Out Headaches* help you take charge of your symptoms and reclaim your life.

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*Essentials of Robotic Surgery* provides comprehensive, detailed analysis of the current developments in robotically assisted surgery. Covered in the book are the most notable, current surgical applications, from coronary revascularization to prostate surgery, from the lungs and esophagus to the uterus, from sleep apnea to head and neck cancer. Edited by Drs. Manak Sood and Stefan W. Leichtle, this book details the history of robotic surgical technologies and techniques, while looking ahead to the possibilities contained within future applications.

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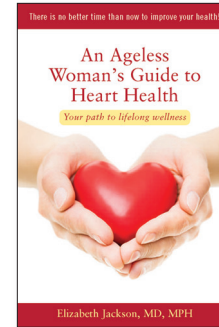
## An Ageless Woman's Guide to Heart Health

### Your Path to Lifelong Wellness

*Elizabeth Jackson, MD*

Heart disease has long been thought of as a men's issue, when it is actually the leading cause of death in both men and women. In fact, since 1984, more American women than men have died of heart disease.

*An Ageless Woman's Guide to Heart Health* is every woman's guidebook to enjoying a heart-healthy life. Renowned cardiologist Dr. Lisa Jackson shares tips and resources to help you make positive steps toward improving your health. Whether you're younger or older, fit or ailing, it's never too late to make changes in your life that can lead you—and those you love—to a healthier heart.



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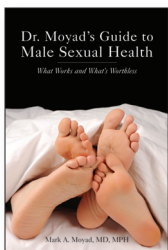
### Small Changes for Big Results

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As you stare at the endless varieties of food on the shelves, do you know how to determine the options that are the most beneficial to your health? Let dietitian Julie Feldman guide you through each aisle of your local store and help you make new selections that can lead to better health and wellness. Demystify nutritional information and learn great ways to indulge without adding to your waistline. Above all else, discover foods that are both better for you and more delicious. Win-win!



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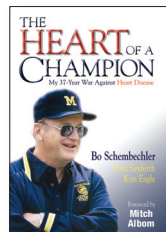
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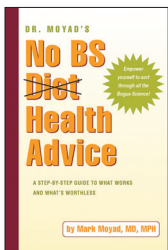
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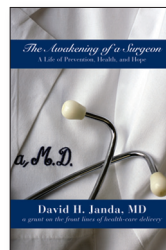
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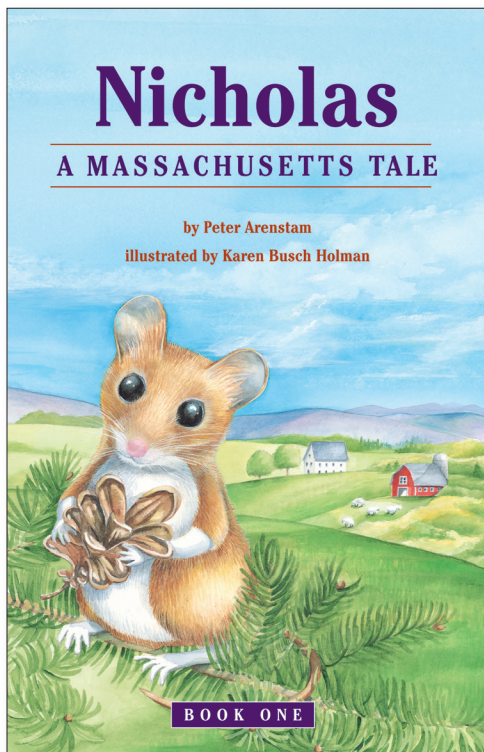
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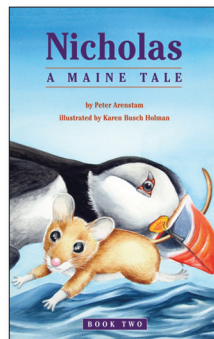
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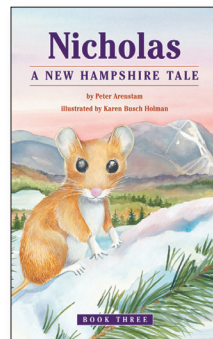
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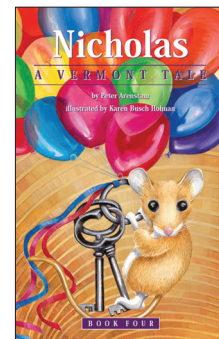
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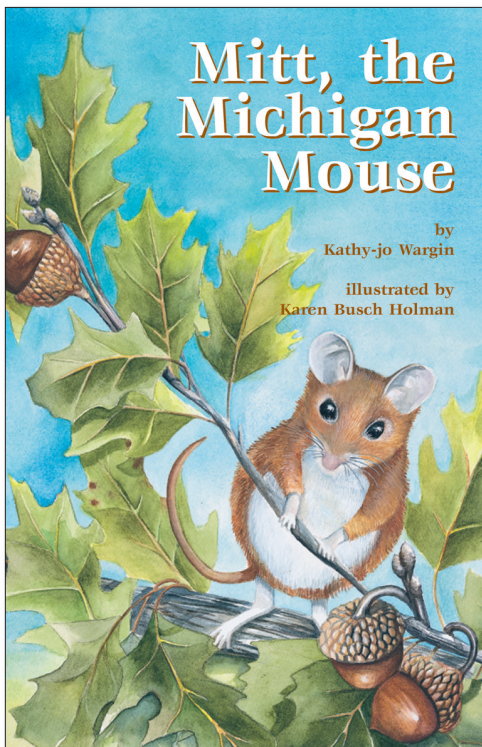
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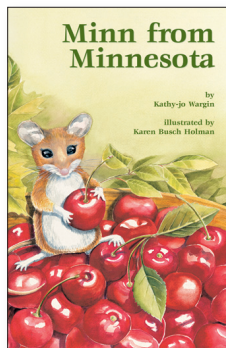
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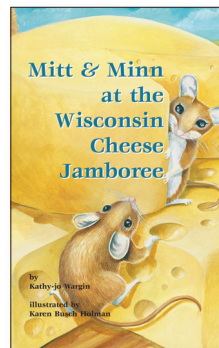
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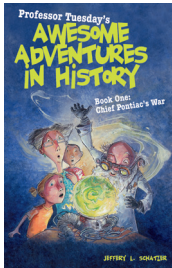
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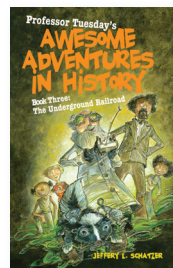
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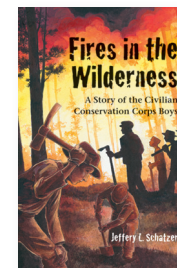


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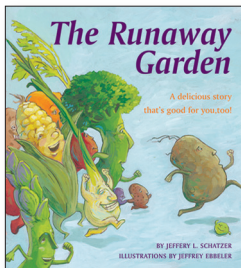
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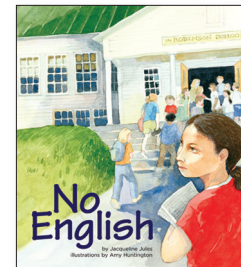
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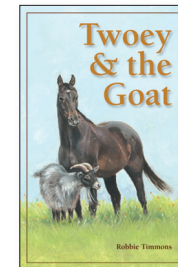
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Seattle Gift Center  
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