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The Latin name for the disease is diabetes mellitus. Diabetes comes from the Greek word for siphon, referring to the way that liquid gets quickly siphoned through your body when you suffer from high sugar levels (the excess sugar causes the kidneys to quickly expel the water through the urine, as it tries to reduce the sugar levels in your blood).

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Alan L. Rubin, MD, is a physician in private practice and the author of the bestselling *Diabetes For Dummies*, *Diabetes Cookbook For Dummies*, and *Thyroid For Dummies*.

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Alan L. Rubin, MD, is one of the nation's foremost authorities on prediabetes and diabetes. He is the author of Diabetes For Dummies, Diabetes Cookbook For Dummies, Type 1 Diabetes For Dummies, and Thyroid For Dummies.

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Dr. Alan L. Rubin has specialised in diabetes for 28 years. Dr Sarah Jarvis appears regularly on UK radio and TV and writes on health issues for Good Housekeeping, Women's Health, and Pregnancy magazines.

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Alan L. Rubin, MD, is one of the nation's foremost authorities on prediabetes and diabetes. He is the author of Diabetes For Dummies, Diabetes Cookbook For Dummies, Type 1 Diabetes For Dummies, and Thyroid For Dummies.

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