

Less Painful Than Expected

In this issue, we'll address two thorny topics: how to talk to someone who you suspect has diabetes, and how to conquer your needle phobia. Take heart! Armed with our advice, you'll have no trouble triumphing over adversity.

Articles in this issue



Putting Your Worries Into Words

It's been a while since you've seen your friend, and you notice there's something different about her—but, not in a good way. She takes frequent trips to the bathroom, has lost some weight and says she's been overly tired lately.p>

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Do Injections Give You The Needle?

Trembling, palpitations, cold sweats, nausea, or even a blood pressure drop: do needles have that effect on you?

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