

*Take Time To Care  
About Diabetes*



**FDA**  
Office of  
Women's  
Health



**NACDS**

NATIONAL ASSOCIATION OF  
CHAIN DRUG STORES

FDA-022250

*Diabetes  
Alert*

1-800-DIABETES  
(1-800-342-2383)  
[www.fda.gov/womens](http://www.fda.gov/womens)

***Diabetes is serious.***

*To avoid heart and kidney problems,  
blindness, stroke, the loss of a foot or leg:*

1. Watch what you eat and get exercise.
2. Use medicines wisely.
3. Check your blood sugar.

Name \_\_\_\_\_

Insurance # \_\_\_\_\_

Doctor \_\_\_\_\_

Telephone \_\_\_\_\_

Pharmacy \_\_\_\_\_