

**I'm controlling my diabetes so I'll be around for my grandchildren.**



**Controlling diabetes makes a huge difference.**

**I know I'm controlling my diabetes because I keep track of my blood sugar numbers. I watch what I eat, make time for regular physical activity, and take my medicine as prescribed.**

**With my diabetes under control, I feel a lot better and have more energy. Best of all, I'm going to be around for my family... for my friends... for life.**

**Control your diabetes. For Life.**

**Call 1-800-438-5383 to learn more. Or visit us at <http://ndep.nih.gov>.**



A joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.

A PUBLIC SERVICE OF THIS PUBLICATION

2 1/16"x10"

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4.5"x5.25"

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2 1/16"x5 1/4"

National Diabetes Education Program: "Control Your Diabetes. For Life." Newspaper Ads (65 line screen). This artwork is camera-ready and may be reprinted and disseminated without permission.

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