### I'm controlling my diabetes – with a little help from my family.



## Controlling diabetes makes a huge difference.

I have diabetes so I need to keep my blood sugar under control. My family is a big help, too. When we get together, they always remember to serve a variety of healthy foods. And the grandkids keep me moving—they like to walk with me whenever they visit. My wife reminds me to take my medicine and to test my blood sugar.

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.



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

# I'm controlling my diabetes — with a little help from my family.



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. Controlling diabetes makes a huge difference.

I have diabetes so I need to keep my blood sugar under control. My family is a big help, too. When we get together, they always remember to serve a variety of healthy foods. And the grandkids keep me moving – they like to walk with me whenever they visit. My wife reminds me to take my medicine and to test my blood sugar.

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.



A PUBLIC SERVICE OF THIS PUBLICATION

4 1/2"x 5 1/4"

#### Controlling diabetes makes a huge difference.



I'm controlling my diabetes so I'll be around for my family... for my friends... for life. Control your diabetes. For life. For more information, please call 1-800-438-5383.

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

4 1/2"x 2'



2 1/16"x 5 1/4"

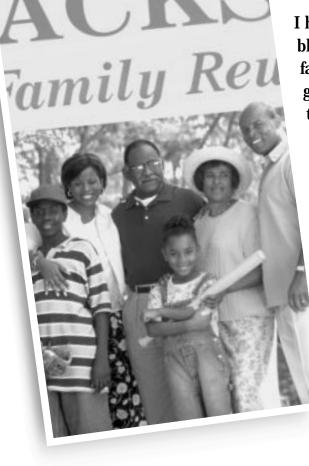
# I'm controlling my diabetes — with a little help from my family.

Controlling diabetes makes a huge difference.

I have diabetes so I need to keep my blood sugar under control. My family is a big help, too. When we get together, they always remember to serve a variety of healthy foods. And the grandkids keep me moving – they like to walk with me whenever they visit. My wife reminds me to take my medicine and to test my blood sugar.

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.

Call 1-800-438-5383 to learn more. Or visit us at our website: 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