

**"It's not always easy to manage diabetes, but you can do it."**



**"We know...because we have diabetes, too."**

When our diabetes is under control, we feel better and have more energy. We don't want to go blind, have kidney disease, or lose a foot or leg due to diabetes. So we do the best we can to keep our blood sugar close to normal.

That means we choose healthy foods and watch how much we eat. We fit regular exercise into our busy schedules. And we take our prescribed medications and test our blood sugar on a regular basis.

It's not always easy to control our diabetes, but we can do it. You can, too!



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.

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2 1/16"x10"

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**Managing diabetes makes a huge difference.**



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

**"It's not always easy to manage diabetes,  
but you can do it."**

**"We know... because we  
have diabetes, too."**

We all go through times when it's hard to manage our diabetes. But we keep trying – taking it one day at a time. When our diabetes is under control, we feel better and have more energy. We don't want to go blind, have kidney disease, or lose a foot or leg due to diabetes. So we do the best we can to keep our blood sugar close to normal.



That means we choose healthy foods and watch how much we eat – even at parties and traditional celebrations. We make time to fit regular exercise into our busy schedules. And we take our prescribed medications and test our blood sugar on a regular basis.

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