



**NDEP General Audience Campaign
Control Your Diabetes. For Life. Live Read Radio Script**

Control Your Diabetes. For Life. (:60 PSA)

If you have diabetes, here's an important message from the **[organization]**. Diabetes is a serious problem...but research shows that controlling diabetes makes a huge difference. Keep your blood sugar close to normal and you can reduce your chances of serious health problems such as blindness, kidney failure, and amputations.

Start by knowing your blood sugar numbers. Test your blood sugar on a regular basis and keep it in the normal range. Choose healthy foods and watch how much you eat. Make time for regular physical activity and take your medicine as prescribed.

Stick with your diabetes treatment plan and you'll feel better, have more energy, and stay healthy. Best of all...with your diabetes under control, you'll be around for family...for friends...for life. Control your diabetes. For life. Call the **[organization]** at **[phone number]** to learn more.

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If you have diabetes, here's an important message from the **[organization]**. Diabetes is a serious problem ...but research shows that if you keep your blood sugar close to normal, you can reduce your chances of serious health problems such as blindness, kidney failure, and amputations.

Take charge of what you eat. Get regular physical activity. Test your blood sugar. And take your medicine as prescribed.

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Control Your Diabetes. For Life (:20)

If you have diabetes, keep your blood sugar under control. Take charge of what you eat. Get regular exercise. Test your blood sugar. And take prescribed medicines. Control your diabetes. For life.

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