

# 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.

**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.

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

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