

**"Diabetes is a serious disease, but you can manage it."**



**Did you know that diabetes is the leading cause of adult blindness, kidney failure, and amputations?**

**Diabetes is a growing problem for Asian Americans and Pacific Islanders. But you can manage your diabetes and stay healthy – now and in the future – by controlling your blood sugar levels.**

**Keep your blood sugar close to normal by choosing healthy foods and getting regular exercise. Take your prescribed medications and test your blood sugar on a regular basis.**

**Manage your diabetes. You'll feel better and have more energy. Best of all, you will lower your chances for serious health problems.**



**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: "From the Doctor" Newspaper Ads (65 line screen). This artwork is camera-ready and may be reprinted and disseminated without permission.

**“Diabetes is a serious disease, but you can manage it.”**

**Did you know** that diabetes is the leading cause of adult blindness, kidney failure, and amputations? It also increases your chances of heart disease and stroke.

Diabetes is a growing problem for Asian Americans and Pacific Islanders. But you can manage your diabetes and stay healthy – now and in the future – by controlling your blood sugar levels.

I’ve seen first hand how controlling blood sugar levels makes a big difference in how my patients feel. If you have diabetes, keep your blood sugar close to normal by choosing healthy foods and getting regular exercise. Take your prescribed medications and test your blood sugar on a regular basis. And if you know people who have diabetes, give them the support they need to keep their blood sugar under control.



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**Control your diabetes.**  
*For Life.*

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