

# Diabetes is threatening the future of American Indians.



We can fight diabetes by controlling our blood sugar.

Diabetes is a disease that affects a large number of our people, causing blindness, amputations, kidney failure – even loss of life.

But we can fight it by controlling our blood sugar. We can work to keep it close to normal by choosing healthy foods, staying physically active, taking our diabetes medication, and testing our blood sugar.

We must take charge of diabetes for future generations.



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

2 1/16" x 10"

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But we can fight it – by controlling our blood sugar. We can work to keep it close to normal by choosing healthy foods, staying physically active, taking our diabetes medication, and testing our blood sugar. And if you know

people with diabetes, help them take these steps to keep their blood sugar under control.

We need to control our diabetes because our young ones look up to us. We must take charge of diabetes – for future generations.

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