

The National Diabetes Education Program Presents  
a NEW Spanish-Language Poster

# ¡Controlaré mi diabetes con el apoyo de los profesionales de la salud!

## I will control my diabetes with the support of my health care team!

Controlaré mi diabetes poster encourages people with diabetes to "team up!" with their eye, foot, dental, and pharmacy health care providers.

### Controlaré mi diabetes poster promotes:

- ▶ Action steps people with diabetes can take to prevent complications
- ▶ Important annual screening exams
- ▶ Discussing self-care with all health care providers
- ▶ Getting the most out of medications and supplies
- ▶ Recognizing warning signs of foot and eye problems

### Use this poster to

- ▶ Talk with your Hispanic/Latino patients about prevention
- ▶ Encourage diabetes self-care practices
- ▶ Promote multidisciplinary team care

For a FREE downloadable version, visit [www.ndep.nih.gov](http://www.ndep.nih.gov). Get a copy today that you can place in your office waiting room, pharmacy, dental office, community health center, senior center, or anywhere frequented by people with diabetes.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.

