

Be **Smart** **Skeptical**

Evaluating claims about diabetes products and services is a two-step process. First, **be smart**. Then, **be skeptical**. Here are seven tips for spotting scams before you get stung:

A promise that a product can cure diabetes is a tip-off to a rip-off.

There's no pill, patch, or other "miracle" treatment that can make diabetes a thing of the past.

Beware of ads that promise too much.

Don't buy any product that claims it can do it all — stabilize blood sugar, end your need for insulin, and cause easy weight loss.

Steer clear of a product that claims to be a scientific breakthrough.

Genuine scientific discoveries make front-page news. If the first you hear about a product is an ad on the Internet, be suspicious.

Keep your guard up when ads try hard to sound scientific.

Technical terms don't necessarily mean medical proof.

Don't be swayed by a questionable "success story."

There's no guarantee that "A.B. of Hometown, USA" had the advertised results — or is even a real person.

A money-back guarantee is no proof that a product works.

Scam artists have been known to take your money and run.

Ask your healthcare provider before trying a new product.

If you're considering a new treatment, run it past your doctor, nurse, dietician, or other health professional who knows your case well.

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