

Happy. Active. Life as usual.



**I am not a *diabetic*.
I am a mother,
auntie, sister, friend . . .
a *person with diabetes*.**

**I am not defined
by diabetes.
I have learned to
manage it,
and my life goes on
in a good way.**

**I am strong
and confident.
I will live a long,
healthy life
with diabetes.**

**November is
National Diabetes Month.
Clip out this ad, keep for yourself,
or give to a loved one.**



Produced by IHS Division
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