



THE POWER TO CONTROL
DIABETES
IS IN YOUR HANDS



Controlling your diabetes can help you feel better and stay healthy. Keeping your blood glucose—also called blood sugar—close to normal levels lowers your chances of having heart, eye, kidney, and nerve problems. Ask your doctor or health care team about checking your own blood glucose levels.

For more information about diabetes, visit the National Diabetes Education Program's website at www.ndep.nih.gov or call 1-800-438-5383.



HHS' NDEP is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

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