

## Having Type 2 Diabetes is serious business

### Controlling your diabetes can prevent:

- Loss of your sight
- Damage to your heart, kidneys and nerves
- A stroke
- The need for foot or leg amputations

### Of the people who have diabetes:

- 65% have loss of feeling or pain in their feet and legs
- 28% have loss of vision or blindness
- 75% of men have some loss of sexual function



*It can also take years off your life*

## Diabetes does not have to look like this



## Diabetes can look like this



**You can prevent or delay the damages of diabetes**

## What can I do if I want to know?

- How does the food I eat affect my blood sugar, how can I eat without giving up my favorite foods?
- How can I balance my activities with what I eat and my medications?
- How do my medications work and when should I take them?
- How do I check my blood sugar and understand the results? What else should I be checking?
- How can I sharpen my coping and problem solving skills?
- How do I find the services I need to reduce the damages of diabetes and improve the quality of my life?
- How can I get the support I need to meet my diabetes management goals?

## Join a Diabetes Self-Management Education Class