

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