



HEALTH AWARENESS

Taking Care Of Diabetes Does Make A Difference

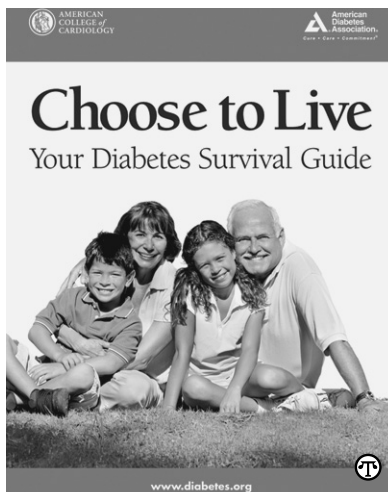
(NAPSA)—If you or someone you love has diabetes, you may know how important it is to eat healthy foods, maintain a healthy weight, be physically active and closely monitor your blood glucose (sugar).

You should also know that there are other key components of diabetes care, such as managing blood pressure and cholesterol that need to be addressed in order to prevent long-term health problems such as heart disease and stroke. In fact, research has shown that managing blood glucose, blood pressure and cholesterol protects your future health.

Keeping track of all your health measures and goals can be challenging. A free resource is now available from the American Diabetes Association and the American College of Cardiology called “Choose to Live: Your Diabetes Survival Guide.” This guide will help you learn what you need to know to get the very best care for your diabetes and live a longer, healthier, life.

The guide features tools for tracking key measures and goals and practical advice for managing all aspects of diabetes care. Major topics covered include:

- ✓ The ABCs of Diabetes
- ✓ All About Blood Glucose
- ✓ Planning Healthy Meals
- ✓ All About Physical Activity
- ✓ Losing Weight
- ✓ Managing Medications
- ✓ Foot Care
- ✓ Sexuality and Childbirth



A free resource offers lifesaving information on how to manage diabetes and prevent related health problems.

The guide also provides a listing of additional American Diabetes Association resources to help you learn more about diabetes and find out about diabetes programs and services available in communities across the country.

To receive a free copy of the new “Choose to Live: Your Diabetes Survival Guide,” call 1-800-DIABETES or send an e-mail request to AskADA@diabetes.org. You can download the guide at www.diabetes.org/MakeTheLink. This initiative is sponsored by the American Diabetes Association and the American College of Cardiology, partners in an educational initiative called “Make the Link! Diabetes, Heart Disease and Stroke.”