



## TAKE CHARGE OF TOMORROW: PREVENTING DIABETES HEALTH PROBLEMS

DIABETES OCCURS WHEN YOUR BLOOD GLUCOSE, ALSO CALLED BLOOD SUGAR, IS TOO HIGH. IT CAN LEAD TO SERIOUS HEALTH ISSUES AFFECTING YOUR EYES, KIDNEYS, NERVES AND HEART.

TAKING CHARGE OF DIABETES TODAY MAY PREVENT HEALTH PROBLEMS TOMORROW.

PLAN HEALTHY MEALS AND SNACKS WITH FRUITS, VEGGIES, WHOLE GRAINS, AND LEAN PROTEINS. TRY TO BE ACTIVE MOST DAYS OF THE WEEK. GET ENOUGH SLEEP. TAKE YOUR MEDICINES AS PRESCRIBED. WORK WITH YOUR HEALTH CARE TEAM FOR SUPPORT.

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