

Why Treat Diabetes?

Feel your best!

Make healthy food choices

Stay at your recommended weight

Move your body every day

There's hope. You can manage your diabetes and emotional wellness!

With treatment, you can prevent:

- ⇒ Heart disease, heart attack, or a stroke
- ⇒ Eye problems, like trouble seeing or going blind
- ⇒ Your hands and feet hurting, tingling, or feeling numb
- ⇒ Losing a foot or a leg
- ⇒ Kidney disease
- ⇒ Gum disease and loss of teeth

What's in it for me?

With controlled blood sugar, you will:

- ⇒ Feel less tired and have more energy.
- ⇒ Be less thirsty and urinate less often.
- ⇒ Heal better.
- ⇒ Have fewer skin and bladder infections.
- ⇒ Have fewer problems with your eyes, feet, & gums.
- ⇒ Live longer.