Why Treat Diabetes?

Feel your best!
Make healthy food choices
Stay at your recommended weight
Move your body every day

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.

UIC Center on Psychiatric Disability and Co-Occurring Medical Conditions, 2013.