

suggested by your doctor.

- Be an active member of your Diabetes Care Team. This team is made up of YOU, a doctor, a registered dietitian, a nurse, a pharmacist, and a certified diabetes educator.

Summary

Although there is no cure for diabetes, it is a disease that can be successfully managed. You can help prevent health problems by playing an active role in your own wellness.



Ask for help when you need it from family, friends, and your health care team.

Take control of your blood glucose and your health by staying informed and doing all you can to take good care of yourself.

For more information

American Diabetes Association
1701 North Beauregard Street
Alexandria, VA 22311
1-800-342-2383
www.diabetes.org

American Association of Diabetes Educators
100 W. Monroe, Suite 400
Chicago, IL 60603

1-800-338-3633
www.diabeteseducator.org/

The American Dietetic Association
120 South Riverside Plaza
Suite 2000
Chicago, IL 60606-6995
1-800-877-1600
www.eatright.org

Medic Alert Foundation International
2323 Colorado Avenue
Turlock, CA 95382
1-800-633-4298
www.medicalert.org

National Diabetes Education Program
www.ndep.nih.gov

National Institute of Diabetes, Digestive and
Kidney Diseases
www.niddk.nih.gov

Local Resources (check your telephone book for
numbers):
Cooperative Extension Service
Health Department
Local Hospitals

Reference

American Diabetes Association. Standards of Medical Care in Diabetes - 2006 (Position Statement). *Diabetes Care* 2006;29:S4-S42. Retrieved July 10, 2006, from <http://care.diabetesjournals.org>