

Page 4

Stop Worrying...Reduce Your Stress

Yes, stress is a part of life but if not kept in control it can increase your risk for health complications. However, there are simple things you can do to reduce your stress. We have outlined 6 easy ideas to get you started!



Page 6

5 Food Secrets YOU Need to Know

Making good food choices is one of the most important ways to control your diabetes and improve how you feel. These 5 secrets will reveal simple things you can do to stay on the right path!



Page 8

Diabetes and Foot Care

Did you know that foot amputation is a very common complication of uncontrolled diabetes? We have listed 9 simple things you can do to minimize your risk and keep your feet for life!



Page 9

Why Testing Is Important

Testing your blood sugar and making changes based on your test results is your lifeline to controlling your diabetes. This article is loaded with vital blood sugar testing information and is a MUST-READ!



Page 12

Heart Healthy Tips

Learn how to improve your heart health by following these 8 tips. They could help save your life!



Why Testing Is Important.



Without checking your blood sugar, you're in the dark about your diabetes control. Checking your blood sugar regularly will help you see how different foods, activities, medications and other situations affect you.

Once you see the connection, YOU will be in greater control of your diabetes. When it comes to your diabetes control, don't be caught in the dark, **TEST REGULARLY!**

If you've never tested before, you probably have a lot of questions about monitoring your blood sugar levels. That's why we collected some of the most frequently asked questions about blood sugar testing. By reading **Why Testing Is Important**, you'll learn **WHY** controlling your blood sugar is important along with some helpful tips to make it easier.

FACT: Frequent self-monitoring may reduce the risk of long-term diabetes complications.

Why should I monitor my blood sugar?

Keeping your blood sugar under control reduces your risk of dangerous diabetes-related complications. Daily blood sugar control is the only way to prevent long-term damage to your heart, kidneys, eyes, nerves, feet and more.

Can I guess my blood sugar level by the way I feel?

No. Studies show that few people judge their sugar levels accurately. Monitor your blood sugar levels to be sure.