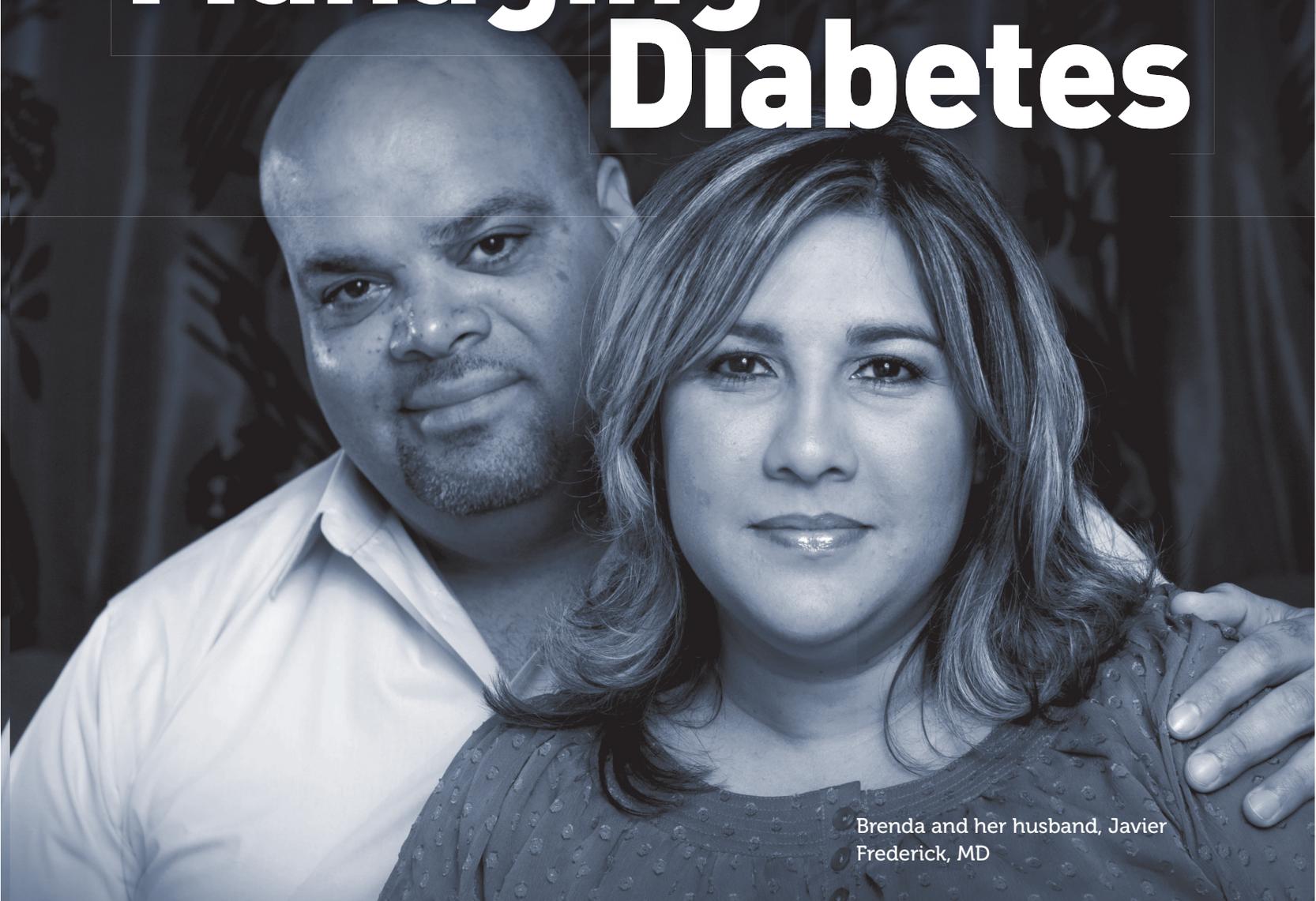


Managing Diabetes



Brenda and her husband, Javier
Frederick, MD

I made a plan. It wasn't easy, but I did it. So can you.

It's not easy, but it's worth it.

People who learn to manage their diabetes from the start have fewer health problems from diabetes years later. You can too. Learn how to better manage your diabetes. Order a free booklet, *4 Steps to Control Your Diabetes. For Life.* from the National Diabetes Education Program to learn more.

For more information, visit www.ndep.nih.gov
or call **1-800-860-8747**; TTY: 1-866-569-1162.

The U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP) is jointly sponsored by the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with the support of more than 200 partner organizations.



NDEP
National Diabetes
Education Program

A program of the National Institutes
of Health and the Centers for
Disease Control and Prevention