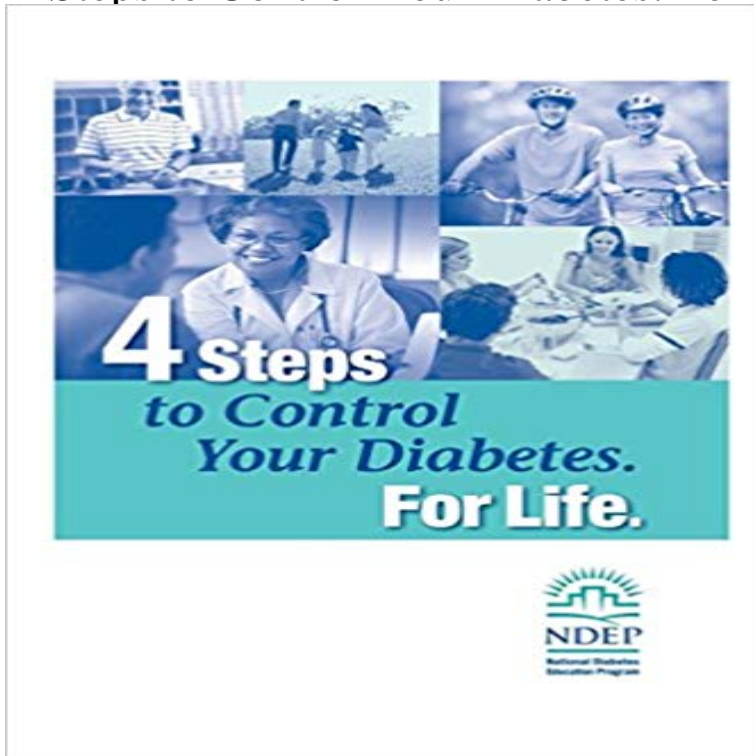


4 Steps to Control Your Diabetes. For Life.



This booklet (the National Institutes of Health Publication 11-5492) presents four key steps to help you manage your diabetes and live a long and active life. These steps include: Step 1: Learn about diabetes; Step 2: Know your diabetes ABCs; Step 3: Manage your diabetes; and Step 4: Get routine care to avoid healthcare problems. Diabetes is a serious disease. It affects almost every part of your body. That is why a health care team can help you take care of your diabetes; this team includes: doctor, dentist, diabetes educator, dietitian, eye doctor, foot doctor, mental health counselor, nurse, nurse practitioner, pharmacist, social worker friends and family. You are the most important member of the team.

[\[PDF\] Conformation-Dependent Design of Sequences in Copolymers II \(Advances in Polymer Science\)](#)

[\[PDF\] A Partisan Church: American Catholicism and the Rise of Neoconservative Catholics](#)

[\[PDF\] A Hebrew Alexander Romance According to Ms Heb. 671.5 Paris, Bibliotheque Nationale \(Hebrew Language and Literature\)](#)

[\[PDF\] Tarot of the Bohemians](#)

[\[PDF\] Visconti Sforza Tarot Cards](#)

[\[PDF\] kigyō \(Japanese Edition\)](#)

[\[PDF\] Ask Again Later](#)

4 Steps to Manage Your Diabetes for Life - Centers for Disease 4 STEPS TO CONTROL YOUR DIABETES FOR LIFE. 4. Southwest Family Care Alliance When your diabetes is in good control, you are more likely to y g. **4 Steps to Control Your Diabetes for Life - National Institute of** These four steps help people with diabetes understand, monitor, and manage their diabetes to help them stay healthy. **4 Steps to Manage Your Diabetes for Life Toolkits** **NDEP** 4 Steps to Control. Your Diabetes for Life. viFankar 4 y:ag edIm,IEfrkSa. CmWTwkenamEp?mrbsGnkrhUtmYyCIvit. Cambodian. (Khmer). June 2007. PasaExr. **4 Steps to Control Your Diabetes for Life Diabetes Connection** Control your blood glucose, blood pressure and cholesterol. 3. Manage your diabetes. 4. Get routine care. Take Steps Now to Control Your. Diabetes for Life. **4 Steps to Manage Your Diabetes for Life - Amazon Web Services** The 4 Steps to Manage Your Diabetes for Life booklet helps people with diabetes understand, monitor, and manage their diabetes to help them **4 Steps to Control Your Diabetes. For Life.: National Diabetes** Filipino. (Tagalog). May 2007. Mayo 2007. 4 na Hakbang upang Pigilin ang. Iyong Diyabetis. Habang Buhay. 4 Steps to Control. Your Diabetes for Life **4 steps to control your diabetes for life - ContinuUs** 4 steps to control your diabetes. For life. This booklet presents four key steps to help you manage your diabetes and live a long and active life. Diabetes is a **4 Steps to Control Your Diabetes for Life - National Institute of** 4 Steps to Control Your Diabetes. For Life. [National Diabetes Education Program, U.S. Department of Health and Human Services, National Institutes of Health, **4 Steps to Manage Your Diabetes for Life NIDDK** Written for people newly diagnosed with diabetes as well as for those living with diabetes for years, the four steps help them understand, monitor, and manage Written for people newly diagnosed with diabetes as well as for those living with diabetes for years, the four steps help them understand,

monitor, and manage **Your Game Plan to Prevent Type 2 Diabetes NIDDK Take Steps Now to Control Your Diabetes for Life - UHC Tools** This booklet for consumers provides four steps to help diabetic patients manage their diabetes and live a long and active life. The steps include **4 Steps to Control Your Diabetes. For Life. Diabetes Connection** 4Steps to Control. Your Diabetes. For Life. This booklet presents four key steps to help you manage your diabetes and live a long and active life. Step 1: Learn **4 Steps to Control Your Diabetes For Life** 4Steps to Control. Your Diabetes. For Life. This booklet presents four key steps to help you manage your diabetes and live a long and active life. Step 1: Learn **Resources for controlling diabetes - Blue Shield of California NATIONAL DIABETES EDUCATION PROGRAM.** 4Steps to Control. Your Diabetes. For Life. This booklet presents four key steps to help you manage your **4 Steps to Manage Your Diabetes for Life NIDDK** 4 Steps to Control. Your Diabetes. For Life. This booklet presents four key steps to help you manage your diabetes and live a long and active life. Step 1: Learn **4 Steps to Control Your Diabetes for Life - National Institute of ENGLISH.** 4 Steps to Manage. Your Diabetes for Life. A program of the National Institutes of Health and the Centers for Disease Control and Prevention **How to Help a Loved One Cope with Diabetes National Institute of** Type 2 diabetes Your body does not make or use insulin well. You may need to take pills or insulin to help control your diabetes. Type 2 is the most common **4 Steps to Control Your Diabetes for Life Diabetes Connection** Learn what steps you can take to help prevent type 2 diabetes. The four most important steps to eating healthy for weight loss are: Using the plate method can help you manage your portion sizes. . who after seeing her mom live with diabetes, knew she needed to make changes in her life to prevent the disease. **Four Steps to Control Your Diabetes for - UConn Health** Step 1. Know your diabetes ABCs. Step 2. Manage your diabetes. Step 3. Get routine care. Step 4. 4 Steps to Control. Your Diabetes for Life. This booklet **4 Steps to Control Your Diabetes for Life (Tagalog) - National** This booklet gives four key steps to help you manage your diabetes and live a long and active life. Contents. Step 1: Learn about diabetes. 1. Step 2: Know your **4 Steps To Manage Your Diabetes For Life ACE Diabetes** 4 Steps to Control. Your Diabetes. For Life. This booklet presents four key steps to help you manage your diabetes and live a long and active life. Step 1: Learn **4 Steps to Control Your Diabetes. For Life. -** This booklet presents four key steps to help you manage your diabetes and live a long and active life. Step 1: Learn about diabetes. Step 2: Know your diabetes ABCs. Step 3: Manage your diabetes. Step 4: Get routine care to avoid problems. **4 Steps to Control Your Diabetes. For Life. AHRQ Health Care** **4 Steps to Control Your Diabetes for Life(Korean) - National Institute** Source: National Diabetes Education Program Language(s):: Filipino/Tagalog Description: Information through 4 steps to control diabetes, including learn