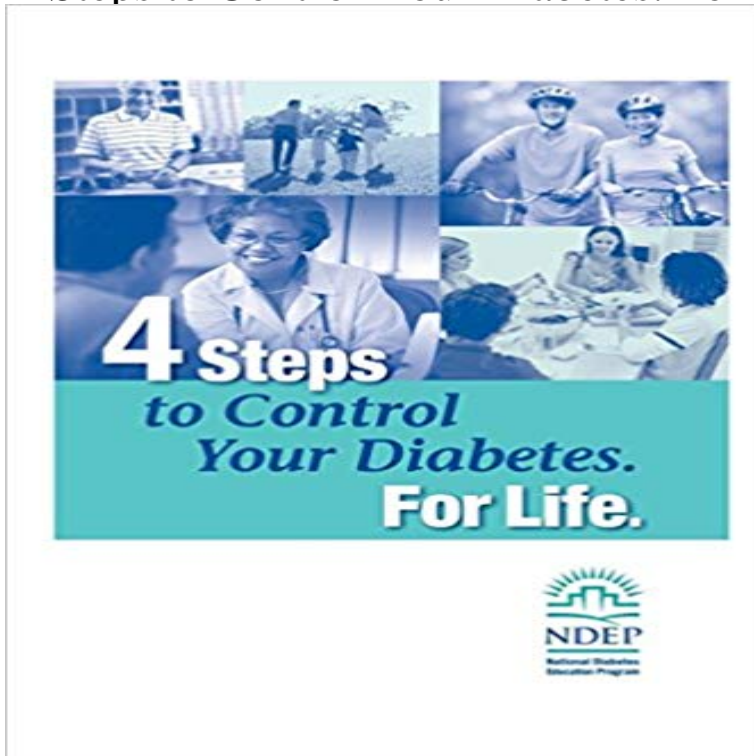


## 4 Steps to Control Your Diabetes. For Life.



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.

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