

HAVE DIABETES?

Feel overwhelmed? You are not alone. Learn more.

Poorly managed diabetes can lead to:



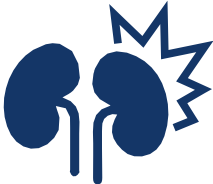
Increased risk for heart disease



Stroke



Eye Disease



Kidney disease



Gum Disease & Tooth Loss

Diabetes education can teach you how to manage your blood sugar, blood pressure, and cholesterol.

A **diabetes educator** can help you learn how to manage your disease as a part of your daily life.

When do I need to see a diabetes educator?

- Newly diagnosed
- Once a year
- Complications
- Change in doctors
- Change in medications

How do I sign up?



To learn more, visit <https://www.chfs.ky.gov/agencies/dph/dpqi/cdpb/Pages/diabetes.aspx>

Learn tips to reduce your risk for diabetes complications



Plan meals and **make** healthy food choices



Monitor yourself: it's more than just your blood sugar



Stay active



Take your medications



Quit smoking



LEARN

CONNECT

GET SUPPORT