

# HAVE DIABETES?

Tired of out of control blood sugar? You are not alone. Learn more.

**Out of control blood sugar can lead to:**



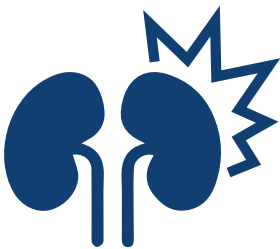
Increased risk for **heart disease**



**Stroke**



**Blindness**



**Kidney disease**



**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
- Annually
- Complications
- Change in doctors
- Change in medications

**How do I sign up?**

To learn more, visit [www.kydiabetes.net](http://www.kydiabetes.net) or go to <https://prd.chfs.ky.gov/KYDiabetesResources/>

**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

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