

HAVE DIABETES?

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

Out of control blood sugar can lead to:



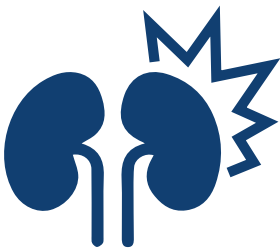
Increased risk for **heart disease**



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 find diabetes education services in your area, look on the Kentucky Diabetes Resource Directory at the link below.



To learn more, visit 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

LEARN

CONNECT

GET SUPPORT