

# HAVE DIABETES?

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

## Out of control blood sugar can lead to:



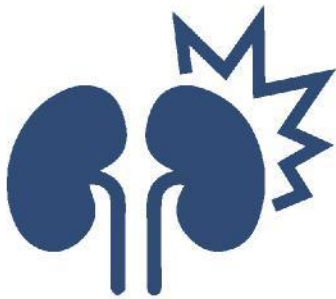
Increased risk for heart disease



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](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



LEARN

CONNECT

GET SUPPORT

## PROVEN to Work



"Wow! I wish I had taken this class years ago."  
-Davy, Class Participant

"At my DSME class I learned how to eat right and now I feel more confident. I have lost 158 pounds."  
-Crystal, Class Participant

