

Download Diabetes. Living Well With Diabetes

Learn how to manage diabetes to live longer and with a better quality of life than ever before. Managing diabetes is a daily challenge. There are so many variables to keep in mind -- food, exercise, stress, general health, etc. -- that keeping blood sugar levels in the desired range is a constant balancing act. Diabetes can affect any part of your body. The good news is that you can prevent most of these problems by keeping your blood glucose (blood sugar) under control, eating healthy, being physically active, working with your health care provider to keep your blood pressure and cholesterol under control, and getting necessary screening tests. Donate Today to Fight Diabetes. Diabetes isn't a choice, but we can all choose to fight it. Your gift makes a difference and will go a long way to support research for a cure and better treatments as well as to raise awareness about the #EverydayReality of living with this disease., Diabetes. Living Well With Diabetes.

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