

Are You Taking Your Diabetes Medications?

Good diabetes management can help you reduce the risk for a number of serious and life threatening complications. Managing your diabetes includes eating a healthy diet, exercising and correctly taking diabetes medication.

Not taking your medications correctly, or at all, can lead to complications for both type 1 and type 2 diabetics. Poor diabetes control can lead to:

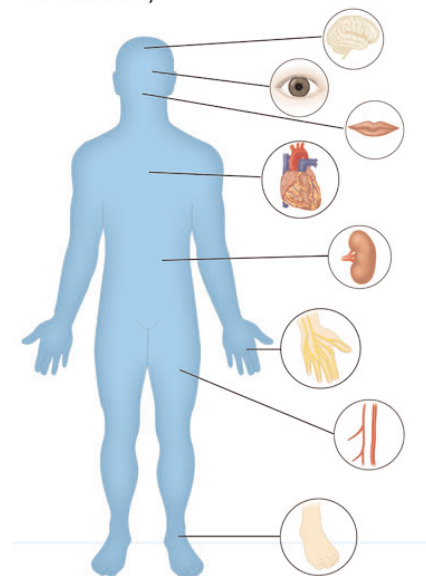
- Heart Disease
- High Blood Pressure
- Blindness
- Kidney Disease
- Nerve Damage
- Foot and Leg Infections
- Coma or Death

It is important to remember the name of your medication, understand the correct dosage and know when you should be taking it.

What happens if you don't keep your diabetes under control by exercising? Following a diabetic diet? Taking medications as prescribed? Listening to your doctor's advice????

- **Your risk for a heart attack or stroke is 2-4 times greater than persons without diabetes**
- **You could go blind, as diabetes is the leading cause of blindness among adults aged 20-74**
- **Circulation damage to your legs increases, which can lead to amputation**
It is estimated that 1/3 of diabetics over the age 50 have circulation problems
- **You could have kidney failure**
- **Your risk of death is twice that of a person of similar age without diabetes**

Diabetes Can Affect Various Parts of Your Body



If you have any questions about your diabetes, please call your doctor.

Take control of your diabetes. Take care of yourself.