

“Don’t let diabetes destroy your life ... choose to live.”

“Diabetes is a killer. After I was diagnosed, I had no pain, I didn’t feel sick, so I didn’t listen to my doctor. Then it STRUCK. I had a stroke at 49, and now I’m disabled. If only I’d known ... if only I’d listened.”

People with diabetes are two to four times more likely to suffer a stroke than people without diabetes. And many who survive are severely disabled.

You can reduce your risk of stroke by lowering your blood sugar, blood pressure and cholesterol. You should also talk to your health care provider about taking aspirin and, if you smoke, get help to quit.

To learn more about reducing your risk of stroke, call 1-800-DIABETES for your free "Diabetes Survival Guide".



www.diabetes.org